

<b>Week Commencing:</b>							
<b>Training Type</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Easy Running</b>							
<b>Steady Running</b>							
<b>Lactate Threshold Running (Tempo)</b>							
<b>Hill Running</b>							
<b>Strength Endurance</b>							
<b>Speed Endurance</b>							
<b>Speed</b>							
<b>Competition</b>							
<b>Plyometrics/Core/Weights/Pilates</b>							
<b>Stretching</b>							
<b>Other Activity (eg: Cycling)</b>							
<b>Rest (planned)</b>							
<b>Rest (unplanned)</b>							
<b>Total:</b>							