

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