

Microcycle Plan 21 March (Low)							
Days	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Details of sessions	Optional recovery run.			Intervals 6x800. Rest 2 mins slow run	Physical conditioning 1x circuit @Gym		Long run. 8 miles 8 mins/mile
Other training and sports							
Training emphasis				Endurance	Strength		Endurance
Energy system				Aerobic/Lactic	Alactic		Aerobic
Loadings: H M L							
				Medium	Medium		Medium
	Low						

Microcycle Plan 28 March (Medium)							
Days	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Details of sessions		2x4x80m hills [2'] + 4x120m acceleration		Intervals 6x800. Rest 2 mins slow run	Physical conditioning 1x circuits @Gym		Long run. 10 miles 8 mins/mile
Other training and sports							
Training emphasis		Strength Speed		Endurance	Strength		Endurance.
Energy system		Lactic/Alactic		Aerobic/Lactic	Alactic		Aerobic
Loadings: H M L		High		High			
					Medium		Medium

Microcycle Plan 4 April (High)							
Days	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Details of sessions		2x5x80m hills [2'] + 5x120m acceleration		Intervals 8x800. Rest 2 mins slow run	Physical conditioning 3x circuits @Gym		Long run. 12 miles 8 mins/mile
Other training and sports							
Training emphasis		Strength/Speed		Endurance	Strength		Endurance
Energy system		Lactic/Alactic		Aerobic/Lactic	Alactic		Aerobic
Loadings: H M L		High		High			
					Medium		Medium

Microcycle Plan 11 April (High)							
Days	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Details of sessions		Hills 2x5x80m. [2'] Acceleration 5x120m		Intervals 9x800. Rest 2 mins slow run	Physical conditioning 3x circuits @Gym		Long run. 10 miles 8 mins/mile
Other training and sports							
Training emphasis		Strength Speed		Endurance/ Lactic	Strength		Endurance
Energy system		Lactic			Alactic		Aerobic
Loadings: H M L		High		High			
					Medium		Medium

Microcycle Plan 18 April (Low)							
Days	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Details of sessions		Drills + Easy run 6 miles		Easy recovery run. 4 miles.			
Other training and sports							
Training emphasis		Endurance		Endurance			
Energy system		Aerobic		Aerobic			
Loadings: H M L							
		Medium					
				Low			

Microcycle Plan 25 April (Medium)							
Days	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Details of sessions	HM	Optional recovery run.		Intervals 5x1k. Rest 2 mins slow run	Physical conditioning 2x circuits @Gym		Long run 10 miles. 8 mins/mile
Other training and sports							
Training emphasis				Endurance	Strength		Endurance
Energy system				Aerobic/Lactic	Alactic		Aerobic
Loadings: H M L	High			High			
					Medium		Medium
		Low					

Microcycle Plan 2 May (High)							
Days	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Details of sessions		Tempo 3x3k [3']		Intervals 6x1000. Rest 2 mins slow run	Physical conditioning 3x circuits @Gym		Long run 12 miles. 8 mins/mile
Other training and sports							
Training emphasis		Endurance			Strength		Endurance
Energy system		Aerobic/Lactic		Aerobic/Lactic	Alactic		Aerobic
Loadings: H M L							
		High		High	Medium		Medium

Microcycle Plan 9 May (Low)							
Days	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Details of sessions		Fartlek		Recovery run. 6 miles.			
Other training and sports							
Training emphasis		Endurance/Lactic		Endurance			
Energy system		Aerobic		Aerobic			
Loadings: H M L							
		Medium					
				Low			