

# Jan - Feb 2015

Mon	Tue	Wed	Thu	Fri	Sat	Sun
12	13	14	15	16	17	18
	30mins easy		Speed work 1mile↑↓ 6x2min at faster pace, 2min jog rec between reps	30mins easy / Rest		Long Run 60mins
19	20	21	22	23	24	25
	35mins easy		Speed work 1mile↑↓ 6x2min at faster pace, 2min jog rec between reps	30mins easy / Rest		Long Run 70mins
26	27	28	29	30	31	1
	40mins easy		Speed work 1mile↑↓ 8x2min at faster pace, 2min jog rec between reps	30mins easy / Rest		Long Run 80mins
2	3	4	5	6	7	8
	Speed work 1mile↑↓ 8x2min at faster pace, 2min jog rec between reps		Long Run 60mins	30mins easy / Rest		Enniscorthy 10k
9	10	11	12	13	14	15
	30mins easy		Speed work 1mile↑↓ 5x3min at faster pace, 2min jog rec between reps	30mins easy / Rest		Long Run 90mins
16	17	18	19	20	21	22
	45mins easy		Speed work 1mile↑↓ 6x3min at faster pace, 2min jog rec between reps	30mins easy / Rest		Long Run 100mins
23	24	25	26	27	28	1
	Hill session 1mile↑↓ 6x90sec at faster pace, 3min jog back recovery		Long Run 80mins	30mins easy / Rest		Ben 5k Wexford