

	week 1	week 2	week 3	week 4	week 5
Week beginning	Mon 17th Aug	Mon 24th Aug	Mon 31st Aug	Mon 7th Sept	Mon 14th Sept
Monday					
Tuesday	Hill Reps	10 X 400m	2-4-6-8-6-4-2 x2	4 x 1 Mile	10 X 800m
Wednesday					
Thursday	8 / 10 mile	8 / 10 mile with a hill	8 / 10 mile	Port Solent Sprints	8 / 10 mile
Friday					
Saturday					
Sunday		Arundel 10K	Overton 5 HRRL		

weekend long slow runs.

Aim to run for 90 minutes building up to 2 hours, run at chatting pace and every third week run the last quarter at half marathon pace.

week 6	week 7	week 8	week 9	week 10	week 11
Mon 21st Sept	Mon 28th Sept	Mon 5th Oct	Mon 12th Oct	Mon 19th Oct	Mon 26th Oct
			Ben's Marathon run		
Fat Burn	8 X 400m	Hill Reps	10 X 800m	5 x 1Mile	10 X 600m
6 / 10 mile	8 / 10 mile	10 / 12 mile	Port Solent Sprints	8 / 10 mile	8 / 10 mile
		Ben's Marathon run			
Solent Half HRRL	Clarendon Marathon	IOW Marathon	Denmead 10K Abingdon	Great South Run	Lordshill

Ben's marathon run.

Ben Smith is running 401 marathons in 401 days. He is running in Portsmouth on two days and all are welcome to run with him for all or part of his route. Details to follow.

week 12	week 13	week 14	week 15	week 16	week 17
Mon 2nd Nov	Mon 9th Nov	Mon 16th Nov	Mon 23rd Nov	Mon30th Nov	Mon 7th Dec
10 X 400m	Fat Burn	10 X 800m	5 X 1Mile reps	8 X 800 Yasso's	10 X 400m
8 / 10 mile	6 / 10 mile	10 mile	10 mile with a hill	10 mile progressive	10 mile
	Gosport Half HRRL				Santa 10K

week 18

Mon 14th Dec

Fat Burn

6 mile

Christmas Disco

Portsmouth coastal
Marathon