

BEXI 21KM 'NON-EVENT' ROAD PROGRAM



WEEK	DATE	MON	TUE	WED	THU	FRI	SAT	SUN
1	16/03/2020	Hill Intervals - DS <i>Fishermans Beach, 5.50am</i> 10min w/up 2x hill reps Long Reef 3x stairs reps Long Reef 10min c/down	Strength & Mobility - AD <i>Griffith Park</i> Refer FB for session	Foundation Run - own 30min easy road/trail	Intervals - DS <i>Fishermans Beach, 5.50am</i> 10min w/up 4 x 1km @Z3 (3min recovery) 5min c/down	REST	Long Run - 12km 12km @ Z2 3 x 90s increase stride rate w/ 90s recovery	
2	23/03/2020	Hill Intervals - DS <i>Fishermans Beach, 5.50am</i> 10min w/up 5x 2min uphill 2min rec 5min c/down	Strength & Mobility - AD <i>Griffith Park</i> Refer FB for session	Foundation Run - own 40min easy road/trail	Intervals - DS <i>Fishermans Beach, 5.50am</i> 10min w/up 1min 2min 4min 5min 4min 2min 1min (2min recovery) 5min c/down	REST	Long Run - 14km 14km @ Z2 4 x 90s increase stride rate w/ 90s recovery	
3	30/03/2020	Cooper Test - DS <i>Fishermans Beach, 5.50am</i> 10min w/up 12min tempo (distance) 5min c/down	Strength & Mobility - AD <i>Griffith Park</i> Refer FB for session	Foundation Run - own 30min easy road/trail	Intervals - DS <i>Fishermans Beach, 5.50am</i> 10min w/up 1min 3min 5min 3min 1min (2min recovery) 5min c/down	REST	NON-EVENT # 1 Details to follow	
4	6/04/2020	Mixed Intervals - DS <i>Fishermans Beach, 5.50am</i> 10min w/up 30s 45s 60s 90s 60s 45s 30s 5min c/down	Strength & Mobility - AD <i>Griffith Park</i> Refer FB for session	Foundation Run - own 35min easy road/trail	Intervals - DS <i>Fishermans Beach, 5.50am</i> 10min w/up 4x 30s 3x 45s 2x 60s 1x 90s 1x 2 min (equal recovery) 5min c/down	EASTER HOLIDAY	Long Run - 14km 14km @ Z2	EASTER HOLIDAY
5	13/04/2020	EASTER HOLIDAY <i>own session</i> 10min w/up 4x 2min uphill 2min rec 5min c/down	Strength & Mobility - AD <i>Griffith Park</i> Refer FB for session	Foundation Run - own 35min easy road/trail	Intervals - DS <i>Fishermans Beach, 5.50am</i> 10min w/up 8x 400m building (2min recovery) 5min c/down	REST	Long Run - 16km 15km @ Z2 1km @ Z3 - Fash Finish	
6	20/04/2020	Mixed Intervals - DS <i>Fishermans Beach, 5.50am</i> 10min w/up Stair Loop - 30mins 5min c/down	Strength & Mobility - AD <i>Griffith Park</i> Refer FB for session	Foundation Run - own 40min easy road/trail	Intervals - DS <i>Fishermans Beach, 5.50am</i> 10min w/up 4x 6min @Z3 (2min recovery) 5min c/down	REST	Long Run - 18km 17km @ Z2 1km @ Z3 - Fash Finish	
7	27/04/2020	Mixed Intervals - DS <i>Fishermans Beach, 5.50am</i> 10min w/up 10x 100m sprints on 45s rep x 3 5min c/down	Strength & Mobility - AD <i>Griffith Park</i> Refer FB for session	Foundation Run - own 40min easy road/trail	Intervals - DS <i>Fishermans Beach, 5.50am</i> 10min w/up 90s 3min 6min 3min 90s (2min recovery) 5min c/down	REST	NON-EVENT # 2 Details to follow	
8	4/05/2020	Cooper Test - DS <i>Fishermans Beach, 5.50am</i> 10min w/up 12min tempo (distance) 5min c/down	Strength & Mobility - AD <i>Griffith Park</i> Refer FB for session	Foundation Run - own 30min easy road/trail	Intervals - DS <i>Fishermans Beach, 5.50am</i> 10min w/up 5min 4min 3min 2min 1min 30s (half recovery time) 5min c/down	REST	Long Run - 12km 10km @ Z2 2km @ Z3 - Fast Finish	
9	11/05/2020	Mixed Intervals - DS <i>Fishermans Beach, 5.50am</i> 10min w/up 4 x 30s uphill (90sec recovery) 5min c/down	Strength & Mobility - AD <i>Griffith Park</i> Refer FB for session	Foundation Run - own 20min easy road/trail	Intervals - DS <i>Fishermans Beach, 5.50am</i> 10min w/up 4x 1min @Z5 (1min recovery) 5min c/down	REST	NON-EVENT FINALE	NON-EVENT FINALE