

BEXI 42KM 'NON-EVENT' ROAD PROGRAM



| WEEK | DATE | MON | TUE | WED | THU | FRI | SAT | SUN |
|------|--|---|---|--|--|----------------|--|-------------------------|
| 1 | 16/03/2020 BUILD | Hill Intervals - DS <i>Fishermans Beach, 5.50am</i> 10min w/up 3x hill reps Long Reef 4x stairs reps Long Reef 10min 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 4 x 1km @Z3 (3min recovery) 5min c/down | REST | Long Run - 14km 14km @ Z2 3 x 90s increase stride rate w/ 90s recovery | |
| 2 | 23/03/2020 PEAK | Hill Intervals - DS <i>Fishermans Beach, 5.50am</i> 10min w/up 6x 2min uphill 2min rec 5min c/down | Strength & Mobility - AD <i>Griffith Park</i> Refer FB for session | Foundation Run - own 45min easy road/trail | Intervals - DS <i>Fishermans Beach, 5.50am</i> 10min w/up 1min 2min 4min 8min 4min 2min 1min (2min recovery) 5min c/down | REST | Long Run - 16km 16km @ Z2 4 x 90s increase stride rate w/ 90s recovery | |
| 3 | 30/03/2020 TEST UNLOAD | 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 BUILD | Mixed Intervals - DS <i>Fishermans Beach, 5.50am</i> 10min w/up 30s 45s 60s 90s 2min 60s 45s 30s 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 5x 30s 4x 45s 3x 60s 2x 90s 1x 2 min (equal recovery) 5min c/down | EASTER HOLIDAY | Long Run - 20km 20km @ Z2 | EASTER HOLIDAY |
| 5 | 13/04/2020 MAINTAIN | EASTER HOLIDAY <i>own session</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 10x 400m building (2min recovery) 5min c/down | REST | Long Run - 24km 24km @ Z2 | |
| 6 | 20/04/2020 BUILD | 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 45min easy road/trail | Intervals - DS <i>Fishermans Beach, 5.50am</i> 10min w/up 4x 8min @Z3 (2min recovery) 5min c/down | REST | Long Run - 26.2km 26.2km @ Z2 | |
| 7 | 27/04/2020 PEAK | 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 45min easy road/trail | Intervals - DS <i>Fishermans Beach, 5.50am</i> 10min w/up 1.5min 5min 10min 5min 1.5min (2min recovery) 5min c/down | REST | NON-EVENT # 2 Details to follow | |
| 8 | 4/05/2020 TEST UNLOAD | 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 40min 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 - 18km 16km @ Z2 2km @ Z3 - Fast Finish | |
| 9 | 11/05/2020 TAPER RACE | 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 30min easy road/trail | Intervals - DS <i>Fishermans Beach, 5.50am</i> 10min w/up 5x 1min @Z5 (1min recovery) 5min c/down | REST | NON-EVENT FINALE | NON-EVENT FINALE |