COACH BENSON'S RUNNING LTD

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TRAINING PLAN AND RACE SCHEDULE

Week Date	Phase				Min/ Week	Days/ Week	Minutes Per Day							Explanation
	I	II	III	IV			M	T	W	TH	F	S	S	
29-Feb		X				5	25SS	30JJ	20JJ	25SS	OFF	35LL	OFF	IBECC Plan for Experienced Runners
7-Mar		X				5	15RR	30JJ	25JJ	25SS	OFF	43LL	OFF	
14-Mar		X				6	30SS	30JJ	30JJ	20RR	OFF	50LL	20JJ	
21-Mar		X				4	OFF	25JJ	30JJ	25JJ	OFF	30LL	OFF	RECOVERY WEEK
28-Mar			X			5	25RR	35JJ	25JJ	6DD	OFF	55LL	OFF	
4-Apr			X			6	25RR	20JJ	8DD	30JJ	20SS	65LL	OFF	
11-Apr			X			5	30JJ	10DD	25JJ	25SS	OFF	45LL	OFF	
18-Apr			X			3	35JJ	25JJ	OFF	TT?	TT?			4 Mile Time Trial
														KEY TO "DD" WORKOUTS
														# X 400M AT 90-95% EFFORT WITH 400 JOG REST