

# COACHBENSON'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					4	12JJ	off	16JJ	20JJ	off	24LL		IBECC plan for Rookie Joggers*
7-Mar	X					4	16JJ	off	20JJ	24JJ	off	28LL		
14-Mar	X					5	20JJ	22JJ	24JJ	26JJ	off	32LL		
21-Mar	X					5	28JJ	30JJ	32JJ	24JJ	off	36LL		
28-Mar		X				4	20SS	off	28JJ	24SS	off	42LL		
4-Apr		X				6	28SS	24JJ	32SS	20JJ	off	48LL	20JJ	
11-Apr		X				5	off	36SS	22JJ	30SS	off	36LL	24JJ	
18-Apr		X				3	32JJ	24JJ	off	TT?	TT?			4 Mile Time Trial
														*if you already jog at least 24 minutes, add 1/4
														more minutes to the total of each workout
														for ex: 12JJ = 15JJ; 32SS = 40SS; 48LL = 60LL