COACH BENSON'S RUNNING LTD

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TRAINING PLAN AND RACE SCHEDULE

Week Date	Phase					Days/ Week	Minutes Per Day							Explanation
	I	II	III	IV			M	T	W	TH	F	S	S	
29-Feb	X					4	20	off	20	off	20	off	30	IBECC Walkers Program
7-Mar	X					4	25	off	25	off	20	35	off	
14-Mar		X				5	30	off	30	25	off	25	40	
21-Mar		X				5	30	off	35	30	off	50	20	
28-Mar			X			6	40	40	20	off	40	30	60	
4-Apr			X			5	off	45	30	45	off	70	30	
11-Apr				X		6	40	50	35	off	45	30	80	
18-Apr				X		3	off	30	20	off	TT?	TT?		Time Trial along the Charles River