

## COACHBENSON'S RUNNING LTD

Veek Date	Phase				Min/ Week D	Days/ Week	Minutes Per Day							Explanation
	I	II	III	IV			M	T	W	TH	F	S	S	
21Feb		Χ		ļ		5	25SS	30JJ	20JJ	25SS	OFF	35LL	OFF	IBECC Plan for Experienced Runners
28-Fel	)	Х	<u> </u>	   		5	15RR	30JJ	25JJ	25SS	OFF	43LL	OFF	
7-Mar		X		   		6	30SS	30JJ	30JJ	20RR	OFF	50LL	20JJ	
14-Mar		X		<u> </u>		4	OFF	25JJ	30JJ	25JJ	OFF	30LL	OFF	RECOVERY WEEK
21-Mar		 	Χ	i ! ! ! ! !		5	25RR	35JJ	25JJ	6DD	OFF	55LL	OFF	
28-Ma	r		Χ	<u> </u>		6	25RR	20JJ	8DD	30JJ	2088	65LL	OFF	
4-Apr			Χ	<u></u>		5	30JJ	10DD	25JJ	25SS	OFF	45LL	OFF	
11-Apr			Χ	<u></u>		3	35JJ	25JJ	OFF					KEY TO "DD" WORKOUTS
														# X 400M AT 90-95% EFFORT WITH 400 JOG REST
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