

## December 2011

December 2011						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 <b>LAST TRAINING SESSION &amp; BBQ</b>	15	16	17 Continuous Run 25 mins+ OR Continuous bike session 25 mins
18	19 Continuous run 3km+ OR Swim/ Water Running	20 Weights	21 Fartlek run 20 min with 10 x 30 sec sprints OR Bike session	22 Weights	23	24 Continuous Run 3km
25	26	27 Weights	28 Fartlek run 20 min with 15 x 30 sec sprints (high intensity)	29 Weights	30 Continuous run 3km+	31 <b>BREAK</b>

## January 2012

January 2012						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>BREAK</b>	2 <b>BREAK</b>	3 <b>BREAK</b>	4 Continuous run 4km+ OR Bike ride	5 Weights	6	7 Continuous run 4km+
8	9 Fartlek run 25 min continuous 10 x 45s high intensity) OR 3 x 1km efforts on 6 minutes	10 Weights	11 Continuous run 4- 5km  OR Swim/Bike ride	12 Weights	13	14 Fartlek run 25 min continuous 10 x 45s high intensity) OR 6 x 500m with 2 mins active rest
15	16 Bike ride with 10 x 45 sec hard with 1.15 active recovery OR Continuous run	17 Weights	18 <b>POST CHRISTMAS TRAINING BEGINS @ GBO</b>	19	20	21
22	23	24	25	26	27	28
29	30	31				