

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|-----------|---|-----------|--|--|--|
| <p style="color: red; text-align: center;">Please Check the Facebook page for run details as the TIME, DISTANCES & LOCATION may CHANGE</p> | | 1 | 2 | 3 | 4 | 5 |
| | | <p style="text-align: center;">New Year's Day parkrun Double</p> <p style="text-align: center;">Check your local events</p> | | | <p style="text-align: center;">Absorption</p> <p style="text-align: center;">parkrun End of Maidstone St Altona 6, 8, 10, 15km</p> | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| <p style="text-align: center;">Endurance / SLR</p> <p style="text-align: center;">parkrun End of Maidstone St Altona 10, 15, 20, 20+km</p> | | <p style="text-align: center;">Quality / Speed</p> <p style="text-align: center;">Short Hills</p> <p style="text-align: center;">6 x 150m 8 x 150m 10 x 150m</p> <p style="text-align: center;">100 Steps Altona</p> | | <p style="text-align: center;">Absorption</p> <p style="text-align: center;">parkrun End of Maidstone St Altona 6, 8, 10, 15km</p> | | <p style="text-align: center;">parkrun / Tempo</p> |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| <p style="text-align: center;">Endurance / SLR</p> <p style="text-align: center;">parkrun End of Maidstone St Altona 10, 15, 20, 20+km</p> | | <p style="text-align: center;">Quality / Speed</p> <p style="text-align: center;">Harrison Drop Downs</p> <p style="text-align: center;">1 x 1350 1 x 920 1 x 700 1 x 500 1 x 205 Point Cook, Library</p> | | <p style="text-align: center;">Absorption</p> <p style="text-align: center;">parkrun End of Maidstone St Altona 6, 8, 10, 15km</p> | | <p style="text-align: center;">parkrun / Tempo</p> |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| <p style="text-align: center;">Endurance / SLR</p> <p style="text-align: center;">parkrun End of Maidstone St Altona 10, 15, 20, 20+km</p> | | <p style="text-align: center;">Quality / Speed</p> <p style="text-align: center;">Sand Sprints</p> <p style="text-align: center;">6 x 150m 8 x 150m 10 x 150m</p> <p style="text-align: center;">Altona Beach</p> | | <p style="text-align: center;">Absorption</p> <p style="text-align: center;">parkrun End of Maidstone St Altona 6, 8, 10, 15km</p> | | <p style="text-align: center;">parkrun / Tempo</p> |
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| <p style="text-align: center;">Trail Run</p> <p style="text-align: center;">You Yangs Turn Table Carpark 7am 5, 10, 15+km</p> | | <p style="text-align: center;">Quality / Speed</p> <p style="text-align: center;">Need For Speed</p> <p style="text-align: center;">1 x 60 Sec 2 x 45 Sec 2 x 30 Sec 20 x 15 Sec Point Cook, Library</p> | | <p style="text-align: center;">Absorption</p> <p style="text-align: center;">parkrun End of Maidstone St Altona 6, 8, 10, 15km</p> | | |

Short Hills - Group 1 - 6 x 150m @ 5 km pace, run down, 60 sec rest then repeat, Group 2 - 8 x 150m @ 5 km pace, run down, 60 sec rest then repeat, Group 3 - 10 x 150m @ 5 km pace, run down, 60 sec rest then repeat

Harrison Drop Downs - 1 x 1350m, 1 x 920m, 1 x 700m, 1 x 500m, 1 x 205m Recovery walk over boardwalk (all distances approx.)

Sand Sprints - Group 1 - 6 x 150m @ 5 km pace, run down, 60 sec rest then repeat, Group 2 - 8 x 150m @ 5 km pace, run down, 60 sec rest then repeat, Group 3 - 10 x 150m @ 5 km pace, run down, 60 sec rest then repeat

Need For Speed - Rest period = Effort time

Thursday - Absorption Run

The aim is to recover from the previous hard session as a bit of a "shock absorber". A relaxed run and effort based on your body and not your watch.

Saturday - Tempo Session

To be maintainable, though towards the end you will be working a little bit to maintain the pace. An example for a 5km tempo will be to run at a pace 20 to 30sec per km slower than your 10km race pace.

Endurance / Sunday Long Run

Your long runs are to be ran at a relaxed conversational pace, with the aim to build your time on legs. A guide for what is a suitable pace is to run at 30 to 45 sec/km slower than your goal race pace.