

# SHHM 2018 Official 16 week Training Schedule

Week	Date	MONDAY (EASY)	TUESDAY (SPEED)	WEDNESDAY	THURSDAY (HILL RUN)	FRIDAY	SATURDAY (EASY)	SUNDAY (LONG RUN)
1	14 to 20 May	Off	6.5 K	Off	6.5 K	Rest / Cross Training	6.5 K	8 K (20th May)
2	21 to 27 May	Off	8 K	Off	5 K	Rest / Cross Training	8 K	9.5 K (27th May)
3	28 May to 3 June	Off	8 K	Off	5 K	Rest / Cross Training	6.5 K	13 K (3rd June)
4	4 to 10 June	6.5 K	Speed 12 x 400m	Off	5 K	Rest / Cross Training	8 K	14.5 K (10th June)
5	11 to 17 June	6.5 K	Speed 8 x 600m	Off	5 K	Rest / Cross Training	9.5 K	16 K (17th June)
6	18 to 24 June	9.5 K	Speed 6 X 800m	Off	6.5 K	Rest / Cross Training	9.5 K	16 K (24th June)
7	25 June to 1 July	8 K	Speed 5 x 1K	Off	6.5 K	Rest / Cross Training	8 K	16 K (1st July)
8	2 to 8 July	9.5 K	Speed 4 x 1200m	Off	6.5 K	Rest / Cross Training	8 K	19 K (8th July)
9	9 to 15 July	8 K	Strength 6 x 1.5K	Off	8 K	Rest / Cross Training	8 K	16 K (15th July)
10	16 to 22 July	8 K	Strength 4 x 1.5K	Off	8 K	Rest / Cross Training	9.5 K	19 K (22nd July)
11	23 to 29 July	9.5 K	Strength 3 x 3K	Off	8 K	Rest / Cross Training	8 K	16 K (29th July)
12	30 July to 5 Aug	8 K	Strength 2 x 5K	Off	9.5 K	Rest / Cross Training	9.5 K	19 K (5th Aug)
13	6 to 12 Aug	11 K	Strength 3 x 3K	Off	8 K	Rest / Cross Training	10 K	16 K (12th Aug)
14	13 to 19 Aug	8 K	Strength 4 x 2.5K	Off	8 K	Rest / Cross Training	8 K	19 K (19th Aug)
15	20 to 26 Aug	8 K	Strength 4 x 1.5K	Off	7 K	Rest / Cross Training	5 K	13 K (26th Aug)
16	27 Aug to 2 Sept	8 K	Easy 5K	Off	5 K	Rest / Cross Training	Off	<b>RACE DAY</b> (2nd Sept)