

TRAINING SCHEDULE FOR RAC TOUGH ONE 32KM

WEEKS TO GO 9

22 REST

23 RAC 8KM TIME TRIAL (2KM WARM UP AND 1 KM WARM DOWN)

24 EASY 8 KM

25 EASY 3KM THEN 2 X 2 MIN HILL REPS WITH 2 KM WARM DOWN (JOG DOWN THE HILL BETWEEN REPS)

26 EASY 8 KM

27 PARK RUN (2KM WARM UP AND 1 KM WARM DOWN)..TEMPO RUN

28 SUNDAY CLUB LONG RUN (SANDTON 28KM)

WEEK 8

29 REST

30 RAC 8KM TIME TRIAL (2KM WARM UP AND 1KM WARM DOWN)

OCTOBER

1 EASY 10KM

2 EASY 3 KM THEN 3 X 4 MIN INTERVALS (SLOW 3 MINUTE JOG BETWEEN INTERVALS) THEN 3KM WARM DOWN

3 EASY 8KM

4 EASY 12KM

5 SUNDAY CLUB LONG RUN (LINDEN 23KM)

WEEK 7

- 6 REST
- 7 RAC 8KM TIME TRIAL (2KM WARM UP AND 1KM WARM DOWN)
- 8 EASY12KM
- 9 EASY 3KM THEN 4 X 2MIN HILL REPS WITH 3KM WARM DOWN
- 10 EASY 10KM
- 11 12KM EASY
- 12 SUNDAY CLUB LONG RUN (BRYANSTON 26KM)

WEEK 6

- 13 REST
- 14 RAC 8KM TIME TRIAL (2KM WARM UP AND 2KM WARM DOWN)
- 15 EASY 14KM
- 16 EASY 4KM THEN 4 X 4 MIN INTERVALS WITH 3KM WARM DOWN
- 17 12KM EASY
- 18 PARK RUN (3KM WARM UP AND 3KM WARM DOWN) TEMPO RUN
- 19 SUNDAY CLUB LONG RUN (TARA 28KM)

WEEK 5

20 REST

21 RAC 8KM TIME TRIAL(2KM WARM UP AND 2KM WARM DOWN)

22 EASY 16KM

23 EASY 5KM THEN 3X 3 MIN HILL REPS WITH 3KM WARM DOWN

24 12KM EASY

25 EASY 17

26 SUNDAY CLUB LONG RUN (NORTHCLIFF 28KM)

WEEK 4

27 REST

28 RAC 8KM TIME TRIAL(3KM WARM UP AND 3KM WARM DOWN)

29 EASY 20KM

30 EASY 6KM THEN 5 X 4MIN INTERVALS WITH 4KM WARM DOWN

31 EASY 12KM

NOVEMBER

1 EASY 10KM

2 21KM RACE WITH 4KM WARM UP AND 3KM WARM DOWN

WEEK 3

3 REST

4 RAC 8KM TIME TRIAL(3KM WARM UP AND 3KM WARM DOWN)

5 EASY 17 KM

6 EASY 5KM THEN 4 X 4MIN HILL REPS WITH 4KM WARM DOWN

7 EASY 12KM

8 PARK RUN (4KM WARM UP AND 4KM WARM DOWN)TEMPO RUN

9 SUNDAY CLUB LONG RUN (WILDS 26KM)

WEEK 2

10 REST

11 RAC 8KM TIME TRIAL (3KM WARM UP AND 3KM WARM DOWN)

12 EASY 16KM

13 EASY 7 KM THEN 4 X 2 MIN HILL REPS WITH 3 KM WARM DOWN

14 EASY 10KM

15 PARK RUN (3KM WARM UP AND 2KM WARM DOWN) TEMPO RUN

16 SUNDAY CLUB RUN (SHORT CUT SANDTON 20KM)

WEEK 1

17 REST

18 RAC 5KM TIME TRIAL (3KM WARM UP AND 2KM WARM DOWN)

19 EASY 5KM

20 EASY 8KM

21 REST

22 EASY 5KM

23 TOUGH ONE 32KM