

WEEK	#	MON	TUE	WED	THU	FRI	SAT	SUN	Total
w/c 22/12	1	Cross - Hot Yoga	3 m run	5 m run	3 m run	Rest	5 m pace	10 m run	26
w/c 29/12	2	Cross - Hot Yoga	3 m run	6 m run	3 m run	Rest	6 m pace	11 m run	29
w/c 5/01	3	Cross - Hot Yoga	3 m run	6 m run	3 m run	Rest	6 m run	12 m run	30
w/c 12/01	4	Cross - Hot Yoga	3 m run	6 m run	3 m run	Rest	5 m pace	14 m run	31
w/c 19/01	5	Cross - Hot Yoga	4 m run	7 m run	5 m run	Rest	5 m run	16 m run	37
w/c 26/01	6	Cross - Hot Yoga	4 m run	7 m run	4 m run	Rest	7 m pace	14 m run	36
w/c 2/02	7	Cross - Hot Yoga	4 m run	8 m run	4 m run	Rest	5 m pace	18 m run	39
w/c 9/02	8	Cross - Hot Yoga	4 m run	8 m run	4 m run	Rest	8 m run	17 m run	41
w/c 16/02	9	Cross - Hot Yoga	5 m run	8 m run	5 m run	Rest	Rest	Old Deer Park Half Marathon Race	31
w/c 23/02	10	Cross - Hot Yoga	5 m run	5 m run	5 m run	Rest	5 m run	16 m run	36
w/c 2/03	11	Cross - Hot Yoga	5 m run	8 m run	5 m run	Rest	5 m pace	Thames Riverside 20 m run	43
w/c 9/03	12	Cross - Hot Yoga	8 m run	8 m run	5 m run	Rest	5 m run	Silverstone Half Marathon Race	39
w/c 16/03	13	Cross - Hot Yoga	5 m run	8 m run	5 m run	Rest	5 m pace	22 m run	45
w/c 23/03	14	Cross - Hot Yoga	5 m run	6 m run	5 m run	Rest	4 m pace	12 m run	32
w/c 30/03	15	Cross - Hot Yoga	4 m run	5 m run	4 m run	Rest	3 m run	8 m run	24
w/c 6/04	16	Cross - Hot Yoga	4 m run	4 m run	Rest	Rest	2 m run	Paris Marathon	36