

Week commencing Monday	How many weeks till Twilight	Main long Run experienced km	Main long Run Intermediate km	Main Long Run Beginners km
2 nd Jan 12	11	18.5	12	6
9 th Jan 12	10	20	14	8
16 th Jan 12	9	22	17	10
23 rd Jan 12	8	5km Time Trial	5km Time Trial	5km time trial
30 th Jan 12	7	24	20	11
6 th Feb 12	6	25 – evening run if possible	22 – evening run if possible	14 – evening run if possible
13 th Feb 12	5	25	23-25	16
20 th Feb 12	4	10km Time trial – 5pm Sat	10km Time Trial – 5pm Sat	10km time trial - 5pm Sat
27 th Feb 12	3	20	18	19
5 th Mar 12	2	16	14	10
12 th Mar 12	This week	21.1km Race	21.1km Race	21.1km race

- The speed session for beginners will be similar to the intermediate group, however reduce the repetitions by 1-2. No more than 4km of efforts total for beginners group.

- A midweek long run is a good idea. Intermediate and advanced runners have a Wednesday session at 5am from Lilley Rd Park, Lilley Rd.
- For beginner if possible add in a mid week run of 5km until the 5km tt, then increase this to 8km till the 10km tt.
- ***The 10km time trial is scheduled for a Saturday night, to acclimatise ourselves to the Twilight night run.
- The 5km Time Trial called 'The Beachside 5' is a monthly time trial (3 or 5 km) held on the last Saturday of each month at 6:30 AM from Decker Park, Sandgate organized by the Runn Inn. Cost is \$6 for Run Inn club members or \$8 for non members. This includes breakfast of cereal and fruit afterwards. No prior entry is required, just turn up on the day.
- Keep a track of the mileage you are doing in your running shoes. You can download apps for smartphones to keep track or use a spreadsheet (Stan has one made up). Change your shoes every 800km.
- Remember to do all your experimentation with nutrition and drinks during training and not on race day. Most runners use Gels which are taken every 45min. Ask Mary or Stan for advice.
- Remember to wear a pair of shoes that have been run in on race day and NOT a new pair. Blisters will happen, tears will flow.