

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	45 mins*	45 mins +H	Rest +	40 mins +F	Rest +	45 mins**	90 mins *
2	45 mins*	50 mins +H	Rest +	40 mins +F	Rest +	45 mins** +I	100 mins*
3	45 mins*	50 mins +H	Rest +	40 mins +F	Rest +	55 mins* +I	110 mins*
4	45 mins*	60 mins **+H	Rest +	30 mins @ST	Rest +	45 mins*	120 mins*
5	45 mins*	20 mins* +20min KH	75 mins**	45 min *	Rest +	45 mins*	13.1 Miles**
6	35 mins*	80 mins**	20 mins* +20min KH	Rest +	40 min *	45 mins*	15 Miles**
7	30 mins*	90 mins *	20 mins* 20 min +I 1:2	45 min *+H	Rest +	40 mins*	3 Hrs *
8	45 mins*	20 mins* +20min KH	90 mins**	Rest +	20 mins* 20 min +I 1:1	40 mins*	20 Miles
9	45 mins*	90 mins * +H	20 mins* 20 min +I 1:1	Rest +	50 mins**	40 mins*	3 Hrs** +20wd
10	30 mins*	20 mins* +20min KH	90 mins*	Rest +	50 mins**	30 mins*	3 Hrs *
11	45 mins*	90 mins * +H	20 mins* 20 min +I 1:1	Rest +	45 mins**	Rest +	13.1 Miles**
12	30 mins*	20 mins* +20min KH	70 mins** +I 20 min 1:1		45 mins *	Rest +	50 min @ST
Race Week	45 mins*	45 mins**	Rest	30 mins *	20 mins*	RACE DAY	REST UP

* - easy run. ** - push pace but comfortable. @ST - sub-threshold run, talking is difficult. +H - include hills in your route. +KH - kenyan hills. 1:1 - run one, rest one. 1:2 - run one, rest two. +F - Fartlek. +I - intervals, fast portion should be close to threshold. 1:1 run:recover. Rest + is active recovery, include upper body work, flexibility programme, swimming, pool work on these days.

This is a sample programme specific to training for the Clonakilty Route - it may not suit everyone. Consult your local running club or fitness expert for further advice.