

## **Fast Track to Run For The Toad 25km**

**September 30, 2017**

| <b>Week of</b>  | <b>Saturday<br/>(LSR)</b> | <b>Sunday</b>   | <b>Monday</b> | <b>Tuesday</b> | <b>Wednesday</b>    | <b>Thursday</b>                | <b>Friday</b> |
|-----------------|---------------------------|-----------------|---------------|----------------|---------------------|--------------------------------|---------------|
| August 26       | 18km                      | Rest or<br>Bike | Rest          | 10km           | Rest or easy<br>5km | 6km w hill x<br>2              | Rest          |
| September<br>2  | 21km                      | Rest or<br>Bike | Rest          | 10km           | Rest or easy<br>5km | 6km w<br>45 sec<br>sprints x 5 | Rest          |
| September<br>9  | 24km                      | Rest or<br>Bike | Rest          | 10km           | Rest or easy<br>5km | 7km w hill x<br>2              | Rest          |
| September<br>16 | 15km                      | Rest or<br>Bike | Rest          | 10km           | Rest or easy<br>5km | 7km w 45<br>sec sprints<br>x 5 | Rest          |
| September<br>23 | 10km                      | Rest or<br>Bike | Rest          | 10km           | Rest or easy<br>5km | 7km                            | Rest          |
| September<br>30 | Race Day!                 | Rest            | Rest          | Easy 5km       | Rest                | Easy 5km                       | Rest          |