

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	<b>OFF</b> or up to 30 min E	5K w 6x30s hills	XC	8K w 3x1K at HMP	OFF or XC	5KE	10K
2	<b>OFF</b> or up to 30 min E	5K w 6x30s hills	XC	8K w 10min at HMP	OFF or XC	5KE	12K
3	<b>OFF</b> or up to 30 min E	5K w 6x30s hills	XC	8K w 4x1K at HMP	OFF or XC	5KE	14K
4	<b>OFF</b> or up to 30 min E	8K w 8x30s hills	XC	10K a 15 min at HMP	OFF or XC	6KE	12K or 5-8K race
5	<b>OFF</b> or up to 30 min E	8K w 8x30s hills	XC	10K w 5x1K at HMP	OFF or XC	6KE	16K
6	<b>OFF</b> or up to 30 min E	8K w 8x30s hills	XC	10K w 20 min at HMP	OFF or XC	6KE	18K
7	<b>OFF</b> or up to 30 min E	10K w 10x30s hills	XC	12K w 3x2K at HMP	OFF or XC	8KE	20K
8	<b>OFF</b> or up to 30 min E	10K w 10x30s hills	XC	12K w 30min at HMP	OFF or XC	8KE	16K or 10-15K race
9	<b>OFF</b> or up to 30 min E	10K w 10x30s hills	XC	12K w 4x2K at HMP	OFF or XC	8KE	20K
10	<b>OFF</b> or up to 30 min E	10K w 10x30s hills	XC	12K w 2x20min at HMP	OFF or XC	6KE	16K
11	<b>OFF</b> or up to 30 min E	8K w 8x30s hills	XC	10K w 5x1K at HMP	OFF or XC	5KE	12K

12	<b>OFF</b> or up to 30 min E	5K w 5x30s hills	XC	8K w 15min at HMP	OFF or XC	OFF	RACE DAY!!
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