

Phase 1 - Early to late September (First 4 week block of a 3 month Build-up Period)

Week 1	Week 1	Tues 18 Sept 2014	Wed 19 Sept 2014	Thur 20 Sept 2014	Fri 21 Sept 2014	Sat 22 Sept 2014	Sun 23 Sept 2014	Total Vol
am						Strength and Conditioning workout	Easy walk - 15km	56km
pm	Easy walk - 10km	Track Session - 9km Warmup (2km) Drills (15 mins) 5x800m at 3:50, 3m rest Warmdown (2km)	Strength and Conditioning workout optional 8km easy run or swim	Fartlek - 10km Go as you feel	Easy walk - 12km			

Week 2	Mon 24 Sept 2014	Tues 25 Sept 2014	Wed 26 Sept 2014	Thur 27 Sept 2014	Fri 28 Sept 2014	Sat 29 Sept 2014	Sun 30 Sept 2014	Total Vol
am						Strength and Conditioning workout	Easy walk - 15km	57km
pm	Easy walk - 10km	Track Session - 10km Warmup (2km) Drills (15 mins) 5x1km at 4:50, 5m rest Warmdown (2km)	Strength and Conditioning workout optional 8km easy run or swim	Fartlek (10km) 8 x 6 min(easy/med/hard)	Easy walk - 12km			

Week 3	Mon 1 Oct 2014	Tues 2 Oct 2014	Wed 3 Oct 2014	Thur 4 Oct 2014	Fri 5 Oct 2014	Sat 6 Oct 2014	Sun 7 Oct 2014	Total Vol
am						Strength and Conditioning workout	Easy walk - 15km	59km
pm	Easy walk - 10km	Track Session - 10km Warmup (2km) Drills (15 mins) 2x(3x800: 4:00, 3:45, 3:30) 2m/5m Warmdown (2km)	Strength and Conditioning workout optional 8km easy run or swim	Fartlek (9km) 3x (1km easy, 500m hard, 1km moderate, 500m hard)	Easy walk - 15km			

Week 4	Mon 8 Oct 2014	Tues 9 Oct 2014	Wed 10 Oct 2014	Thur 11 Oct 2014	Fri 12 Oct 2014	Sat 13 Oct 2014	Sun 14 Oct 2014	Total Vol
am						Strength and Conditioning workout	Melb Marathon - half marathon (21km)	64km
pm	Easy walk - 10km	Track Session - 11km Warmup (2km) Drills (15 mins) 8x800m at 3:45, 3m rest Warmdown (2km)	Strength and Conditioning workout optional 8km easy run or swim	Tempo 10km Speeding up each 2.5km Target time 49:00	Easy walk - 12km			

Phase 2 - January 2015 (Second 4 week block of the Transition period)

Week 1	Mon 5 Jan 2015	Tues 6 Jan 2015	Wed 7 Jan 2015	Thur 8 Jan 2015	Fri 9 Jan 2015	Sat 10 Jan 2015	Sun 11 Jan 2015	Total Vol
am						Strength and Conditioning workout	Easy walk - 15km	61km
pm	Easy walk - 10km	Track Session - 10km Warmup (2km) Drills (15 mins) 6x800m at 3:30, 3m rest Warmdown (2km)	Strength and Conditioning workout optional 8km easy run or swim	10km Hills session - hard up hills, steady on flats, easy downhill	Easy walk - 8km	Race Day - 8km 3km warmup and drills AV Shield - 3000m 3km warmdown		

Week 2	Mon 12 Jan 2015	Tues 13 Jan 2015	Wed 14 Jan 2015	Thur 15 Jan 2015	Fri 16 Jan 2015	Sat 17 Jan 2015	Sun 18 Jan 2015	Total Vol
am						Strength and Conditioning workout	2km warmup AV 5km Teams Race 2km warmdown	55km
pm	Easy walk - 10km	Track Session - 11km Warmup (2km) Drills (15 mins) 6x1km at 4:35, 5m rest Warmdown (2km)	Strength and Conditioning workout optional 8km easy run or swim	Fartlek (9km) 3x (1km easy, 500m hard, 1km moderate, 500m hard)	Easy walk - 8km	Race Day - 8km 3km warmup and drills AV Shield - 2000m 4km warmdown		

Week 3	Mon 19 Jan 2015	Tues 20 Jan 2015	Wed 21 Jan 2015	Thur 22 Jan 2015	Fri 23 Jan 2015	Sat 24 Jan 2015	Sun 25 Jan 2015	Total Vol
am						Strength and Conditioning workout	Easy walk - 15km	51km
pm	Day off - this is an easier week	Track Session - 12km Warmup (2km) Drills (15 mins) 3x(3x800: 4:00, 3:45, 3:30) 2m/5m Warmdown (2km)	Strength and Conditioning workout optional 8km easy run or swim	Road reps - 12km Warmup (2km) Drills (15 mins) 4x2km at 9:00, on 5 mins Warmdown (2km)	Easy walk - 12km			

Week 4	Mon 26 Jan 2015	Tues 27 Jan 2015	Wed 28 Jan 2015	Thur 29 Jan 2015	Fri 30-Jan 2015	Sat 31 Jan 2015	Sun 1 Feb 2015	Total Vol
am						Strength and Conditioning workout	2km warmup VRWC 10km Roadwalk 2km warmdown	54km
pm	Easy walk - 10km	Track Session - 12km Warmup (2km) Drills (15 mins) 2x1km at 4:40, on 3 mins 2x2km at 9:00, on 5 mins 2x1km at 4:50, on 3 mins Warmdown (2km)	Strength and Conditioning workout optional 8km easy run or swim	Fartlek (10km) 8 x 6 min(easy/med/hard)	Day off as racing for next 2 days	Race Day - 8km 3km warmup and drills AV Shield - 3000m 3km warmdown		

Phase 3 - March 2015 (First Competition Period - 5 weeks)

Week 1	Mon 16 Feb 2015	Tues 17 Feb 2015	Wed 18 Feb 2015	Thur 19 Feb 2015	Fri 20 Feb 2015	Sat 21 Feb 2015	Sun 22 Feb 2015	Total Vol
am					Day off	Travel to Hobart	2km warmup AA 10km, Adelaide 2km warmdown	47km
pm	Easy walk - 10km	Track Session - 10km Warmup (2km) Drills (15 mins) 6x800m at 3:20, 3m rest Warmdown (2km)	Strength and Conditioning workout optional 8km easy run or swim	Fartlek - 10km Go as you feel		Easy 3km walk/jog/st	Travel back from Hobart	

Week 2	Mon 23 Feb 2015	Tues 24 Feb 2015	Wed 25 Feb 2015	Thur 26 Feb 2015	Fri 27 Feb 2015	Sat 28 Feb 2015	Sun 1 Mar 2015	Total Vol
am					Day off		Easy walk - 8km	47km
pm	Easy walk - 8km	Track Session - 11km Warmup (2km) Drills (15 mins) 6x1km, all at 4:30 or better 5m rest between each Warmdown (2km)	Strength and Conditioning workout optional 8km easy run or swim	Tempo 10km Speeding up each 2.5km Target time 46:30		2km warmup AV 5000m Open C'ship 3km warmdown		

Week 3	Mon 2 Mar 2015	Tues 3 Mar 2015	Wed 4 Mar 2015	Thur 5 Mar 2015	Fri 6 Mar 2015	Sat 7 Mar 2015	Sun 8 Mar 2015	Total Vol
am					Day off		Easy walk - 8km	43km
pm	Easy walk - 10km	Track Session - 8km Warmup (2km) Drills (15 mins) 10x400m at 1:35, 1m rest Warmdown (2km)	Strength and Conditioning workout optional 8km easy run or swim	Fartlek - 5km Go as you feel		2km warmup av Knockout Final - 3000m 3km warmdown		

Week 4	Mon 9 Mar 2015	Tues 10 Mar 2015	Wed 11 Mar 2015	Thur 12 Mar 2015	Fri 13 Mar 2015	Sat 14 Mar 2015	Sun 17 Mar 2015	Total Vol
am	Travel to Sydney	Easy 3km walk/jog/stretch	Aust U18 5000m	Easy 3km walk/jog/stretch	Easy 5km walk/jog/stretch	Day off	Day off	40km
pm	Fartlek - 5km Go as you feel		Easy 5km recovery walk		Aust U20 10,000m			

Phase 4 - July 2015 (Second Competition Period - 6 weeks)

Week 1	Mon 22 June 2015	Tues 23 June 2015	Wed 24 June 2015	Thur 25 June 2015	Fri 26 June 2015	Sat 27 June 2015	Sun 28 June 2015	Total Vol
am						Day off	2km warmup AV Schools - U20 10km 3km warmdown	53km
pm	Easy walk - 10km	Track Session - 10km Warmup (2km) Drills (15 mins) 5x1km, all at 4:20 or better 5m rest between each Warmdown (2km)	Strength and Conditioning workout optional 8km easy run or swim	Fartlek (10km) 8 x 6 min(easy/med/hard)	Easy walk - 8km			

Week 2	Mon 29 June 2015	Tues 30 June 2015	Wed 1 July 2015	Thur 2 July 2015	Fri 3 July 2015	Sat 4 July 2015	Sun 5 July 2015	Total Vol
am					Day off	2km warmup VRWC 5km Road Walk 3km warmdown	Easy walk - 12km	50km
pm	Easy walk - 10km	Tempo 10km Speeding up each 2.5km Target time 46:00	Strength and Conditioning workout optional 8km easy run or swim	Easy walk - 8km				

Week 3	Mon 6 July 2015	Tues 7 July 2015	Wed 8 July 2015	Thur 9 July 2015	Fri 10 July 2015	Sat 11 July 2015	Sun 12 July 2015	Total Vol
am			Leave for Cali Flight around 30 hours					49km
pm	Easy walk - 10km	Track Session - 9km Warmup (2km) Drills (15 mins) 10x400m at 1:35, 2m rest Warmdown (2km)		Light 5km run/stretch/jog	Easy walk - 8km	Fartlek (9km) 3x (1km easy, 500m hard, 1km moderate, 500m hard)	Easy walk - 8km	

Week 4	Mon 13 July 2015	Tues 14 July 2015	Wed 15 July 2015	Thur 16 July 2015	Fri 17 July 2015	Sat 18 July 2015	Sun 19 July 2015	Total Vol
am			WJC Start, Cali, Colombia				Day off	38km
pm	Easy walk - 10km	Fartlek - 5km Go as you feel	Day off	Easy 3km walk/jog/stre	2km warmup WJC Men 10,000m Walk 3km warmdown	Light 5km run/stretch/jog		