



Northbrook Xmas Newsletter



Social: The Presentation Night is on 12/1/2008 at the Coventry Hill Hotel. There is live music from Swordfish / Crazy Diamond, and a good food menu. There is a capacity of 70 people and prices are subsidised to £12.50 (should be £17.50 or more).

Road race Championship
Please ensure Con has all you results by 31/12 for Presentation evening awards.
Con.McHugh@gmail.com

Thursday 24/1/7 AGM 7.45
at Jaguar Sports and Social

Club- The AGM is your main opportunity, each year, to have a say in how your Club is run .

Congratulations to Paul Andrew on his graduation having achieved a 2:1 for his Sports Therapy Degree. For Physio call Paul (BSc, MSST) Sports Therapy. Based at Effective Fitness, Kenpas Hall, Kenpas Highway (A45), CV3 6AW, 20% discount for Northbrook members. Telephone: 07964116996, email: PASportsTherapy@hotmail.co.uk

Congratulations to Dawn O'Shea on the occasion of her 40th birthday. A good night was enjoyed by all at Hawkesmill.

Congratulations to Bob Adams on his 50th birthday. Another good night at Hawkesmill club!

New York Marathon

Mark Baker 3.19.37 (plus a trip to hospital for drinking too much water and losing salt - but ok now)

Tony Mackness 3.19.46 PB (a fantastic PB on a tough course) - **See the excellent report inside**

The good news is that Mark and Tony made it back in 1 piece and in true Northbrook tradition made it out for a beer or 10 later that night, despite Mark having to make a trip to the hospital suffering from salt depletion and a trip back through Harlem.

Great to see such athletic ability and dedication to keeping the Northbrook after race drinking sessions going in the face of such adversity.

Just a few lines on this the Xmas edition of the Northbrook Newsletter. This is the first edition I have produced for a couple of years and have felt compelled to produce this one before Xmas. It's rare I make it down the club these days due to family commitments - both my boys play football at the weekend, and Weds is not a good night for me to make it down the club. However I will always turn out for the Winter X-country, fitness permitting - to me this is the best time of the year for running and in my mind nothing beats the Brum league.

I would like to thank everyone who helped with some excellent articles, particularly Tony Mackness and Howard Anderson. The newsletter is only as good as the contributions from the members in the club. If you would like to see more newsletters, let me know. I would like to wish everyone a Merry Christmas and a Happy New Year. Have a great time.



Winter Diary - Dec & Jan

Dec 8th - Midland 7 miles Men & Midland 5 miles Women Championships, Gloucester

Jan 5th - Warwickshire Cross Country Championships (with Leicestershire) - Burbage Common, Hinckley

Jan 19th - Birmingham & district Invitation Cross Country League - Sphinx - Wyken Croft Park

Jan 19th - Midland Women's Cross Country League, Bournville - Cofton Park

Jan 26th - Midland Cross Country Championships, Newbold Comyn



November 2007 Results

10K Matthew Walker Christmas Pudding 10K 18/11/7

Mick O'Shea 36m 32s

University of Warwick Cross Country Relays, 10/11/7

Northbrook Mens A Team (5th - 47.35)

11.17 11.17 John Hosie
22.57 11.40 Jason Nicolson
23.10 12.13 Martyn Brunt
47.35 12.25 Howard Andersen

Northbrook Mens B Team (10th - 52.35)

12.30 12.30 Tony Hoy
25.34 13.04 Pete Fellows
38.20 12.46 Richard French
52.35 14.15 Mick Duggan

Northbrook Mixed Doubles (1st - 49.17)

11.06 11.06 Nathan Holmes
24.18 13.12 Rebecca Smith
35.28 11.10 Nathan Holmes
49.17 13.49 Rebecca Smith

The Saucony English Cross-Country Relays Berry Hill Park, Mansfield 3/11/7

Women's Result

74 Northbrook AC 0:43:12.15

(90) R MacLeod 0:14:13.30
(74) C Fenn 0:12:45.25
(74) E Andrew 0:16:13.60

Men's Result

101 Northbrook AC 1:14:46.55
(113) J Hosie 0:18:04.45
(98) N Holmes 0:17:44.30
(102) M Brunt 0:19:37.70
(101) H Andersen 0:19:20.10

Northbrook AC Cross Country at

Coundon Park

4 Paul Andrew 35:16
34 Mick O' Shea 37:56
42 Nathan Holmes 38:22
55 John Hosie 39:03
96 Martin Burder 40:54
117 Pete Austin 41:54
123 Howard Anderson 42:03
126 Martyn Brunt 42:16
131 Tony Hoy 42:40
139 Richard French 43:01
148 Mark Baker 43:44
154 Rob Barry 44:10
163 Dan McHugh 45:14
166 Andrew Ralph 45:38
174 Steve Simpson 46:04
181 Pete Fellows 46:40
195 Dave Halford 47:53
204 John Andrew 48:36
205 Paul Stead 48:45
219 Paul Costain 52:31
230 Fraser Barrett 57:10

Team Positions to date

1. Warwick Uni 329 pts
2. Solihull & Small Heath 366
3. Worcester 417
4. kenilworth Runners 439
5. Bromsgrove 488
6. Northbrook AC 568

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11. Black Country Triathletes

Bedford Half Marathon Sunday December 9th - by Sarah

Sarah McNaney 1.46
Penny Wilkin 1.51

Having listened to the weather forecast over the weekend, we had a pretty good idea what the weather held in store for us on Sunday and we weren't disappointed. We were treated to driving wind and rain from about mile three onwards. Someone even commented that they thought it was hailing at about mile five but I think they were hallucinating. Even though the conditions were ap-

palling, I still enjoyed this course. It is always well marshalled with a good turn-out of runners to weave their way through some very scenic countryside.

Due to the conditions that we ran in I didn't do the time I would have liked but I'm not disappointed as we all had a good run. Even my hubby who came along to run enjoyed it in a sad way, managing a very respectable 1.56 !!



Warwickshire Road Race League 2007 - Report written by Howard Andersen

Northbrook has traditionally done well in the Warwickshire Road Race League and 2007 was another successful year. The club won the men's section with a total of 123 points well ahead of runners-up Centurion on 106 and third-placed Solihull & Small Heath who notched up 97. Northbrook ladies claimed a creditable third place in their section with 106.5 points, not far behind Coventry Godiva Harriers with 111.5 and winners Centurion who registered 119.

The League, which comprises 15 clubs, usually covers eight local races staged between spring and autumn each year. These vary in distance from 5k to half marathon. In 2007, and as a change from this established format, the Warwickshire Road Relays held at Sutton Park in March were also included in the League as the first fixture. So, this year, total points were made up from the Road Relays plus the best six performances from the eight races.

Northbrook men secured 12 points from the Road Relays and were lying in fifth position prior to the first 'proper' race - the club's own 10k in June. However, a strong club turnout coupled with superb performances from Paul Andrew (second) and Nathan Holmes (third) put Northbrook at the top of the League. The ladies, who had been in fourth position after the Road Relays, also had a good day, finishing equal first with Coventry Godiva Harriers. Becky Smith was the first lady home for Northbrook in 81st place overall.

Competition stiffened noticeably for the second race, the Midsummer Five, held for the first time at the Pro Drive testing circuit at Fen End. Northbrook men's and ladies' teams both finished fourth on the day. In the third race, the Stratford Six held on a warm evening in July, Northbrook men claimed second place with the aid of notable runs from Nathan Holmes who finished powerfully to overtake club mate Paul Andrew in the last 100 metres and claim the winner's slot by a five second margin. The ladies also did well, landing third place on the night. The ladies' team were led home once again by Becky Smith closely followed by Alix Critchley who was just over a minute behind.

The fourth race, the Rowheath 5k, required a Thursday night trip across to Birmingham. This time, a strong men's team battled ferociously to take a well-deserved fourth place on the night behind Coventry Godiva Harriers, host club Birmingham Rowheath and winners Birchfield. The ladies team clocked up sixth place on the two lap, often congested, course. However, the highlight of the evening was undoubtedly the decision of Martin Burder to cycle to Birmingham from Coventry, run the race, then cycle back!

The fifth race, the Autumnal Five, was held in the city's War Memorial Park. Another battling performance saw the men take second place, edged out only by host club Coventry Godiva Harriers. Mick O'Shea led the Northbrook contingent home, taking the Male Over 45 Veterans' trophy in the process. In a similar vein, a good turnout enabled the ladies to claim third place on the night.

However, it was the longer races later in the League's programme where Northbrook's strength in depth really showed. In perfect late summer conditions, the men's team stormed to victory in the Nuneaton 10, the sixth fixture held in September. In the same race, and capitalising on a massive turnout, the ladies' team secured third place with Sarah McNaney the first lady home for the club on the two lap rural course.

The Nuneaton race set the pattern for the seventh fixture, the Kenilworth Half Marathon held on a cool but dry day in October. The men's team again claimed first position with Mick O'Shea, John Hosie, Nathan Holmes and Ian Burgoyne all securing top ten places in the 600 plus field. Becky Smith was first lady finisher for the club at Kenilworth beating club mate Michelle Auckland by a margin of just six seconds.

The eighth and final race, the Rugby 10, was held a week later on a new traffic-free, two lap course at Draycote Water. Returning from injury, the race was won in convincing style by Paul Andrew. And, although the turnout from the club was smaller than expected, the men's team still claimed the runners up position whilst the ladies came in fourth.

Overall, yet another very successful campaign by Northbrook - well done to everyone who ran in the League's races during 2007!

**The Winning Team
from the Good, the Bad
and the ugly**



THE NY MARATHON - TONY MACKNESS

In December 2006, Ellen and I went to New York for a few days of sightseeing and Christmas shopping. In preparation we drew up a list of places to see, and things to do as we didn't want to waste any time whilst there. On most people's list would be Empire State Building, Statue Of Liberty, Brooklyn Bridge etc (Unless it's a girlie list, in which case it would be Macy's, Bloomingdales, Sak's etc !!) Top of my list was to run round Central Park, even after watching Dustin Hoffman in "Marathon Man" I was still determined to do it... "Is it safe" !!!

So on the Sunday my long run was 7 mile around the park. When I got back to the bench where I had left Ellen I announced that I would one day come back and run the New York Marathon. At the time I didn't know that exactly 11 months later I would be back there to fulfil that ambition.

Once home I started looking at how to get into the race etc. and asked around to see if anyone else would like to do it. Step forward seasoned marathoner Mark Baker.

Our adventure in the Big Apple started at 7.30 on the Friday morning with a short rece run of about four miles from our hotel to the finishing area in Central Park and back, quick shower and change then up to John's diner at the top of the road for breakfast, which would become our regular stop off point in the morning.

Registration followed and for the rest of the day we wondered around getting to see some of the sights but also trying not to use up too much energy. We had a great hotel on 44th and 2nd which had views over parts of Manhattan and the East River, a swimming pool on the 27th floor, which we used a

couple of times, but declined to use the tennis court on the 40th !

Saturday got off to an early start when my phone rang. In a semi comatose state I answered, to hear the voice of Loz Thompson, calling to wish us luck. I was hardly able to put two words together, and he asked "are you still in bed" ? to which I replied "It's five o'clock in the fuc*ing morning Loz"!!

Mark and I then spent the rest of the doing our own thing. Whilst Mark went off to the Statue of Liberty, I went down to the East Village. The area is very similar to Camden Town in London, and is a great place for cd's, I had quite a few on my list to look out for and what I didn't get there I went back to Manhattan to track them down. With the favourable exchange rate they worked out at £8 each – half the UK price.

Saturday night's meal had been arranged by The British Heart Foundation, at a nearby Italian restaurant, where the pasta was served in abundance, ideal preparation for the following days race. We then headed back to the hotel for an early night, and much to Mark's delight watched the Joe Calzaghe fight live on TV. Would that be the first of a weekend's sporting triumph's for the Welsh ?

Sunday – Race day.

An early start, from Manhattan to the race start on Staten Island is about 15 miles and the busses depart at six o'clock, so we were out of bed by 4.45am. We both set our alarms and had an early morning call to make sure we didn't oversleep.

I was really concerned as we would be hanging around at the start for over three hours, and trying to keep warm was crucial. As it was I needn't have worried, the morning wasn't as cold as the forecast had predicted, and the

early morning sun was a welcome surprise.

Our minds were taken off the long wait by the live music, free tea, coffee and bagels.

Both of us were off the green start, which meant we would be on the lower deck of the Verrazano Narrows Bridge. Mark in corral one, and myself in corral two. Due to works on the lower deck there was to be a "wave" start, which meant that corral one would start on the cannon, corral two would start a minute or so afterwards and so on. On a sad note the race was preceded by a minutes silence in memory of US marathon runner Ryan Shay who had collapsed and died during the U.S. Men's Olympic marathon trial held in Central Park the previous day.

As you would expect the Americans do things bigger and better than everyone else so we were subjected to some guy from a boy band singing the Star Spangled Banner, and immediately after the start cannon the sound of Old Blue Eyes, Francis Albert Sinatra "New York, New York" was blasted out by the PA system.

After completing 6 London's it was interesting to see how the Americans did things. There was nothing I could really fault them on. Everything was done with precision. If there was one tiny thing they could improve on, that would be to make the mile markers more visible. Boards on lamp posts is more your local half marathon thing, not something that you would expect from a big city major marathon.

Support was fantastic throughout the race, "way to go" and "looking good" were to be heard all along the course, together with bells and whistles. For me the biggest buzz was coming off the Queensboro bridge, where you have just run over a mile without any spectators or noise, then turning the corner



into Manhattan, where you are met with a wall of sound. Absolutely fantastic.

This marathon is tough. Its not flat. The bridges make it hard. My pre race plan was to try and do sub 3.15, and at 20 miles it was on. From 22 onwards it slipped away. The pace dropped to 8 minute and over and I was finding it hard. Mental resolve, sheer determination and not to mention bloody mindedness kicked in and kept me going. The last three miles are up and down, and it was obvious that the 3.15 was a bridge to far. Now I had to focus on beating my PB of 3.20.08. Entering central park told me I was into the last couple of miles and from somewhere I picked up the pace for the last mile. The half mile to go sign was a welcome sight, then back into the park and the finish line loomed ahead. I gave it one last push and crossed that line, arms aloft in triumph. Time 3.19.46 a new PB by 22 seconds.

On reflection did I push myself too hard at the beginning ? To do 3.15 is 7.27 mile pace, and I was running faster than that. However I believe my strategy was correct. 20

miles and beyond is when most runners find the going tough, despite all the hard training that's gone in before. A race is not the same as a training run. I was putting some credits in the bank knowing I would slow down later, and hoped that it would work.

It didn't, but I'd do the same again. I would have been gutted to finish and have something left in the tank.

There wasn't I gave it all over the 26.2 miles.

Once I had crossed the finish line I began the half mile walk to get my belongings from baggage truck number 43. As I walked past truck 3 I spotted Mark. Hopefully Mark will submit his version of events from here on, and I'm sure that most of you know that he ended up in hospital with hyponatraemia. (Water intoxication)

Later that evening we checked the official times and discovered that we finished 9 seconds apart in actual race time. If we had started at the same time I wonder what the outcome would have been.

In the evening we had a couple of pints in a local pub, hosted by the British Heart Foundation, and had chance to compare race notes with other runners. Then we moved on to "Paddy Reilly's" which had been recommended by Mick Duggan... an Irish pub owned by his brother. The Guinness flowed and flowed. If there was a word for Guinness Intoxication we would have had it !! The live music was excellent so I am told. I say that as I saw the first half of their set, but spent most of the second half fast asleep. I think I deserved it though..

Connemara Marathon - reprint from previous newsletter

Looking for a good marathon to do? Here's an article from a previous newsletter a few years back. The full marathon is a great race, ran in one of the most scenic parts of Ireland, highly recommend this. . . .

The story for me began xmas 2003 when I was looking around the Internet and found the Connemara Half and full Marathon in Ireland. I was planning to be over in Ireland at the end of Feb with my wife Caroline for her fortieth birthday. As it happened, the race was only about 5 miles away from where we were staying but unfortunately the race was on the end of March.

However, as fate had it we had to cancel our planned celebrations in Feb due to an outbreak of Chicken pox at our daughter's nursery. This meant I had to reschedule the holiday for March, and as fate had it, I arranged it for the same time as the race. I completed the half in 1:31 but the course itself although being very scenic was very hilly/mountainous. I finished in the top 30 for the race, my best ever position – there were 600-700 entrants. This year I decided to enter the marathon, and Caroline decided to do the half – her second ever race and first ever half. What a tough way to start.

I have always feared the marathon, not sure if I could complete the distance without hitting the dreaded wall and falling apart. Last year I tried to enter London but got rejected, I then entered the Stratford Marathon for April last year, but a poor performance in a warm up 20 miler and the start of a chronic back injury after this race meant I did not make my debut at the marathon distance. I was starting to wonder would I ever do a marathon? This year after a pretty poor X-country season I was

undecided to whether I could make this race. I missed half the X-country races due to illness and recovery from injury. Work was very busy – things were looking tight.

However, late in January my luck started to change – a video analysis of my running style showed my orthotics not to be working very well. A change of shoe to the Asics 2100 made some of the aches and pains I was habitually encountering start to disappear and I finally got some training in. The last 2 months training went well. For those mileage counters out there, I was running 3-4 times per week, and cycling/swimming 3-4 times per week also. My max running week in terms of hours was 5.5 hours – around 40 miles. My longest individual run was 21 miles – this went ok but I felt pretty tired at the end of it.

The week before the marathon I got a cold that had been going around the office. I dosed myself up with various remedies and fortunately the cold started to recede by mid week. We went over to Ireland on Good Friday via the car ferry. The race is in the West of Ireland so basically there's a drive across Ireland. You can fly into Knock and then hire a car and get to the general race area that is quicker, but I was planning a holiday with the family as part of the trip – my car was essential.

The weather was great on the Friday and Saturday. On the Sat night I watched the Ireland v Israel game down the local pub. I only drank 1 pint of Guinness – it was difficult not to drink anymore. The match itself was a poor game. I went home to bed, ready for an early start. To make things worse the clocks went forward that night.

We had an early start for race morning, passed the children onto some of Caroline's relatives and made our way to the

race headquarters. I was dropped off to the marathon start, Lough Inagh and waited nervously for the race to start.

Prior to the start of the race, there was a lot of banter going on with various runners. Obviously I was in the company of some seasoned marathon veterans, many having completed dozens of marathons, some who were into their hundreds! I had a very conservative race strategy – to start slowly and aim for a time under 3:30. My main objective was not to stop or hit the dreaded wall. I went out running 7:21 miles – this put me quite a bit ahead of my race schedule. I was trying to keep my Heart rate down to 160 ish but unfortunately I was hovering around the 170 had 6 energy gels with me to assist in feeding myself around the course. My strategy was to take 1 every 20 mins or so.

The race started. For the first 7 miles or so I was going very well and running 7:21 miles – this put me quite a bit ahead of my race schedule. I was trying to keep my Heart rate down to 160 ish but unfortunately I was hovering around the 170 mark – at the time I thought this was too high and could cause me problems but I could not get it to drop. I settled into the second group of runners. There was quite a bit of good humoured banter. One of the guys running from down South somewhere in the Kerry region started to have a long and meaningful chat with me – it seems as I had somehow hit upon the character of the race, I tried to keep talking to him but gave up after a short while. At mile 10 I got dropped by the second group – I was in no man's land. I tried to focus on a runner about ¼ mile up the road to try and keep him in my view – my race splits were still

pretty even at this stage so I just continued on.

There's a down hill section going past Killary harbour which is a Fjord leading into Leenaun. The scenery was superb but the wind was making this descent very hard – the group ahead of me had some shelter, I was feeling it at this stage.

Mile 13 saw me come into Leenaun – this is where they filmed “The Field” for those who have watched this film. It's a lovely town and was also the start of the half marathon. I also know that the first mile of the half was a very steep uphill, so I knew I was in for a tough time. I kept my head down and kept running. I made it up the hill feeling totally knackered but with another mile completed. At this stage I had no idea whether I was going to make it.

I kept drinking loads of water and continued taking my gels – some of the half marathoners were just ambling along having a great time talking about all the beer they had drank the night before and all the beer they were going to drink after the race – of course I forgot to tell you that the race finished outside a large hotel with a bar to match – I was intending to join them.

Around mile 15.5 I caught up with Caroline my wife. She was moving at a steady pace – I took the car keys off her as I assumed and hoped I would be finished first. Again I just kept running taking each mile as it came.

The profile of the second half of the race is harder than the first part, so my miling had dropped to anywhere around 7.5 min miling to 8.5 min. The scenery made it slightly easier but I was finding it very hard.

The one thing that kept me going was I was overtaking a lot of the half

marathon runners and I could see a lot of runners struggling. After the race when I met up with Caroline she told me she was running with a women who stopped half way through the half for a fag – it seems as though not everyone was taking the race as serious as others! Miles 22-24 were the hardest. There's a climb after going through Maam Cross heading towards Maam was a killer (anyone remember the Quiet Man, John Wayne/Maureen O'Hara – that was part of the film location). However, at this stage I caught a lot of the second group of runners who had overtaken me. Everyone was really struggling at this point. There were a few false dawns with this climb, just when you thought you were at the top, you went around a bend to find there was more climbing. However I eventually made it to the end of the climb, only another 2.2 miles to go.

The next mile was downhill but I found it very hard indeed on my quadriceps. Each step was now a real struggle and caused me some pain. I was determined to continue on, not to stop and make my time of 3:30.

Somehow I kept going, made it to the last mile and knew I was going to do it. The feeling I had when I crossed the finish line was superb, probably the best feeling I have experienced since running. Suddenly I knew what the attraction was for all those runners who see the marathon as their Holy Grail. There's a sense of achievement you get when you complete a marathon that beats just about every other race. It's not about winning any medals, beating any times its about finishing. As soon as I finished I checked my time, 3:28:04. Okay, there's no chance of any of the seasoned marathon runners feeling too threatened by that time but I will take that as a debut.

I did not stop once, and made it all the way through. Afterwards my body seized up, my quads were very tight and I found it difficult to walk. I tried

to stretch after the race but at this time I had the flexibility of plank so decided to give it a miss.

I tried to get back to the finish to take a photo of Caroline but somehow I missed her. She finished in 2:15 – an excellent time for such a hard first timers course.

Some stats about the race – only 6 people finished the race in under 3 hours – winning time was 2:50. Overall I finished 40th, and 9th in my age group. There were 500 marathon runners, 1000 half marathon runners and 150 ultra runners (40 miles, must be mad). During the race I have never heard as much fecks, F*cks, and god knows what. The course itself has got to be one of the most scenic around and I will be back next year. Lots of beer was consumed after the race, and everyone promised they would be next year God willing. If anyone from Northbrook fancies a challenge and seeing one of the most beautiful parts of Ireland, give it a go. It's a race you will remember for ever!

The 25 mile drive back to where we were staying was pretty hard but I managed to complete it without cramping too badly. Both Caroline and myself had a good drink that night – I felt like I had really earned it! next year.

My average HR all the way around was 170bpm. Average pace per mile was 7:52, fastest was 6:30, slowest mile 10 mins. I burnt over 3000 cals and there was over 1400 feet of climbing. I completed the first half in a little over 1:38, the second in just under 1:50. The second half was obviously a lot hillier.

Any race that finishes at a pub has to be good - I will be back

At the request of runners for newsletter requests, here is a complete beginner marathon training schedule taken from the net.

It's based on a 5-day week with 2 days rest. The long run is scheduled for Saturday with recovery on Sunday and rest on Monday. Your own plan might vary from which is fine. Just try to have a rest day before the long run and recovery after it.

Marathon Training Schedule - Beginner							
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Short - 2miles	Rest	Short - 2miles	Rest	Short - 2miles	Rest	Rest
2	Short - 3miles	Rest	Faritek - 20mins	Rest	Short - 2miles	Rest	Long - 3miles
3	Rest	Short - 3miles	Faritek - 20mins	Rest	Short - 3miles	Rest	Long - 4miles
4	Recovery	Rest	Short - 3miles	X Train - 30mins	Short - 3miles	Rest	Long - 5miles
5	Recovery	Rest	Short - 3miles	Faritek - 20mins	Short - 3miles	Rest	Long - 6miles
6	Recovery	Rest	Short - 3miles	Faritek - 30mins	Short - 3miles	Rest	Long - 7miles
7	Recovery	Rest	Short - 2miles	X Train - 30mins	Short - 2miles	Rest	Long - 5miles
8	Recovery	Rest	Short - 3miles	Faritek - 30mins	Short - 3miles	Rest	Long - 8miles
9	Recovery	Rest	Short - 3miles	Faritek - 30mins	Short - 3miles	Rest	Long - 9miles
10	Recovery	Rest	Short - 3miles	X Train - 30mins	Short - 3miles	Rest	Long - 6miles
11	Recovery	Rest	Short - 3miles	Faritek - 30mins	Short - 3miles	Rest	Long - 10miles
12	Recovery	Rest	Short - 3miles	Faritek - 30mins	Short - 4miles	Rest	Long - 11miles
13	Recovery	Rest	Short - 3miles	X Train - 30mins	Short - 3miles	Rest	Long - 8miles
14	Recovery	Rest	Short - 3miles	Faritek - 30mins	Short - 4miles	Rest	Long - 12miles
15	Recovery	Rest	Short - 3miles	Faritek - 45mins	Short - 4miles	Rest	Long - 14miles
16	Recovery	Rest	Short - 2miles	X Train - 30mins	Short - 3miles	Rest	Long - 6miles
17	Recovery	Rest	Short - 4miles	Faritek - 30mins	Short - 4miles	Rest	Long - 16miles
18	Recovery	Rest	Short - 4miles	Faritek - 45mins	Short - 5miles	Rest	Long - 10miles
19	Recovery	Rest	Short - 4miles	Faritek - 30mins	Short - 4miles	Rest	Long - 18miles
20	Recovery	Rest	Short - 5miles	X Train - 30mins	Short - 5miles	Rest	Long - 8miles
21	Recovery	Rest	Short - 5miles	Faritek - 45mins	Short - 5miles	Rest	Long - 10miles
22	Recovery	Rest	Short - 5miles	Faritek - 45mins	Short - 4miles	Rest	Long - 20miles
23	Recovery	Rest	Short - 5miles	X Train - 30mins	Short - 5miles	Rest	Long - 10miles
24	Recovery	Rest	Short - 5miles	Faritek - 45mins	Short - 4miles	Rest	Long - 8miles
25	Recovery	Rest	Short - 4miles	Faritek - 30mins	Short - 3miles	Rest	Long - 6miles
26	Recovery	Short - 3miles	Rest	Short - 2miles	Rest	Rest	RACE