STRAITS TIMES VIRTUAL RUN 2020

Sample programme for 175km in 8 weeks – 4 sessions weekly

Km to run

TOTAL: 176km

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
4km x 2 5km x 2	5km x 4	5km x 4	4km x 1 6km x 3	5km x 2 6km x 2	6km x 4	6km x 4	5km x 1 7km x 3
Total: 18km	Total: 20km	Total: 20km	Total: 22km	Total: 22km	Total: 24km	Total: 24km	Total: 26km

SUNDAY TIMES GRAPHICS