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Race & Train with Ron Hill in Cyprus 2012

Sample Training Sessions*

- Easy runs on road and beach path
- Run with marathon legend Ron Hill
- Conditioning, mobility and core stability
- Race rehearsal run on part of the course



Optional Training/Activity Programme*

<u>Day/Date</u>	<u>Time</u>	<u>Planned Activity/Session</u>
Tue 13 March	1700	Easy Run on Beach Path, 45mins
Wed 14 March	0745	Morning Run, 30mins
Wed 14 March	1700	Easy Run on Beach Path, 45mins
Thu 15 March	0745	Morning Run, 30mins
Thu 15 March	1030	Introductions – meet everyone
Thu 15 March	1600	Race Rehearsal Run, 60mins
Fri 16 March	0745	Morning Run, 30mins
Fri 16 March	1030	Race Registration
Fri 16 March	1600	Easy Run on Beach Path, 45mins
Sat 17 March	0745	Morning Run, 30mins
Sat 17 March	1600	Stretch and Strides, 30mins
Sun 18 March	0830	Limassol Marathon, Half or 10k Race
Sun 18 March	1930	Race Dinner & Party
Mon 19 March	1015	Sportsresort Mountain Walk
Mon 19 March	1700	Recovery Run, 45mins
Tue 20 March	0745	Morning Run, 45mins
Tue 20 March	1600	Light Interval Session, 45mins
Tue 20 March	2100	Sportsresort Quiz
Wed 21 March	0745	Morning Run, 45mins



** All training and activities may be changed or curtailed at the discretion of the Tour Leader or Coach taking into account local conditions, numbers interested and availability of facilities. All training sessions are optional but will commence on time so that other participants are not inconvenienced. Duration and content of training sessions is an approximate guide only. No liability is accepted for injuries caused while participants are taking part in voluntary training or racing activities.*

Alan Newman, UKA Performance Coach, Level 3