

2017 ASICS TRAINING SERIES

RUN SCHEDULE

GROUP ONE

Slow Pace

5:40min/km – 6:40min/km

WEEK	DATE & TIME	MEDIUM RUN (KM)	LONG RUN (KM)
1	SUNDAY, AUG 6	14	24
	WEDNESDAY, AUG 9	8	12
2	SUNDAY, AUG 13	14	26
	WEDNESDAY, AUG 16	8	10
3	SUNDAY, AUG 20	12	28
	WEDNESDAY, AUG 23	10	14
4	SUNDAY, AUG 27	15	30
	WEDNESDAY, AUG 30	10	14
5	SUNDAY, SEPT 3	16	24
	WEDNESDAY, SEPT 6	10	14
6	SUNDAY, SEPT 10	18	32
	WEDNESDAY, SEPT 13	8	12
7	SUNDAY, SEPT 17	21	36
	WEDNESDAY, SEPT 20	10	14
8	SUNDAY, SEPT 24	20	28
	WEDNESDAY, SEPT 27	8	12
9	SUNDAY, OCT 1	14	20
	WEDNESDAY, OCT 4	8	10
10 RACE WEEK	SUNDAY, OCT 8	10	14
	WEDNESDAY, OCT 11	6	8

2017 ASICS TRAINING SERIES

RUN SCHEDULE

GROUP TWO

Medium Pace

5:00min/km – 5:30min/km

WEEK	DATE & TIME	MEDIUM RUN (KM)	LONG RUN (KM)
1	SUNDAY, AUG 6	16	28
	WEDNESDAY, AUG 9	8	12
2	SUNDAY, AUG 13	16	30
	WEDNESDAY, AUG 16	8	10
3	SUNDAY, AUG 20	14	32
	WEDNESDAY, AUG 23	10	14
4	SUNDAY, AUG 27	17	34
	WEDNESDAY, AUG 30	10	16
5	SUNDAY, SEPT 3	18	26
	WEDNESDAY, SEPT 6	10	16
6	SUNDAY, SEPT 10	20	34
	WEDNESDAY, SEPT 13	8	12
7	SUNDAY, SEPT 17	22	36
	WEDNESDAY, SEPT 20	10	16
8	SUNDAY, SEPT 24	22	32
	WEDNESDAY, SEPT 27	8	12
9	SUNDAY, OCT 1	16	24
	WEDNESDAY, OCT 4	8	10
10 RACE WEEK	SUNDAY, OCT 8	12	16
	WEDNESDAY, OCT 11	6	8