

**Victoria Half Plan**

<b>Volume</b>	<b>Day</b>	<b>Day</b>	<b>Day</b>
Transition	<b>TUESDAY</b> <b>May-12-09</b> Tempo	<b>THURSDAY</b> <b>May-14-09</b> Pace	<b>SUNDAY</b> <b>May-17-09</b> 10km
Transition	<b>May-19-09</b> Tempo	<b>May-21-09</b> Pace	<b>May-24-09</b> 10km
Transition	<b>May-26-09</b> Tempo	<b>May-28-09</b> Pace	<b>May-31-09</b> 10km
Transition	<b>June-02-09</b> Tempo	<b>June-04-09</b> Pace	<b>June-07-09</b> 10km
Level 1	<b>June-09-09</b> Tempo	<b>June-11-09</b> Hills & Skills	<b>June-14-09</b> 12km
Level 2	<b>June-16-09</b> Tempo	<b>June-18-09</b> Hills & Skills	<b>June-21-09</b> 13km
Level 3	<b>June-23-09</b> Tempo	<b>June-25-09</b> Hills & Skills	<b>June-28-09</b> 14km
Recovery	<b>June-30-09</b> Tempo	<b>July-02-09</b> Hills & Skills	<b>July-05-09</b> 12km
Level 1	<b>July-07-09</b> Tempo	<b>July-09-09</b> Hills & Skills	<b>July-12-09</b> 13km
Level 2	<b>July-14-09</b> Tempo	<b>July-16-09</b> Hills & Skills	<b>July-19-09</b> 14km
Level 3	<b>July-21-09</b> Tempo	<b>July-23-09</b> Hills & Skills	<b>July-26-09</b> 15km
Recovery	<b>July-28-09</b> Tempo	<b>July-30-09</b> Hills & Skills	<b>August-02-09</b> 12km
Level 1	<b>August-04-09</b> Tempo	<b>August-06-09</b> Fartlek	<b>August-09-09</b> 14km

Level 2	<b>August-11-09</b> Tempo	<b>August-13-09</b> Fartlek	<b>August-16-09</b> 16km
Level 3	<b>August-18-09</b> Tempo	<b>August-20-09</b> Fartlek	<b>August-23-09</b> 18km
Recovery	<b>August-25-09</b> Tempo	<b>August-27-09</b> Fartlek	<b>August-30-09</b> 14km
Level 1	<b>September-01-09</b> Tempo	<b>September-03-09</b> Intervals	<b>September-06-09</b> 16km
Level 2	<b>September-08-09</b> Tempo	<b>September-10-09</b> Intervals	<b>September-13-09</b> 18km
Level 3	<b>September-15-09</b> Tempo	<b>September-17-09</b> Intervals	<b>September-20-09</b> 20km
Taper	<b>September-22-09</b> Tempo	<b>September-24-09</b> Intervals	<b>September-27-09</b> 10km
Taper	<b>September-29-09</b> Tempo	<b>October-01-09</b> Intervals	<b>October-04-09</b> 5km
Taper	<b>October-06-09</b> Tempo	<b>October-08-09</b> Intervals	<b>October-11-09</b> Race