

Test Running 16 Week Training Totals – August 01th 2005 till Nov 19th2005

Aug 01st - Nov 19th 2005			
Running	Calories	Distance	Time
	20240	338	1832
	kcal's	k's	mins
Roadwork	Calories	Distance	Time
	92131	5948	13431
	kcal's	k's	mins
Combined	Calories	Distance	Time
	112371	6286	15263
	kcal's	k's	mins

These training totals are a reflection of a 16 week, 3 times a week training running program. This program is being tried for the first time, with a view to running a half marathon – November 2005 (this event was run, but an injury after 8k put pay to the race. The injury to the calf was completely out of the blue, with no indication of problems during training).

The above program will again be tried with a view to running a half marathon during the month of May 2006.

Cross reference can be done with the Cycle training program.