

## TROOPY TRAINING. PUTTING IN THE HARD YARDS.

Lee Troop is a man on a mission. His goals for 2004 are to claim the Australian Marathon Record (currently held by the great Robert de Castella at 2:07.51) in April's London Marathon and a top ten finish in the Athen's Olympic Marathon. To achieve these goals, Lee has changed his training focus from the more traditional Tuesday, Thursday, Saturday 'hard / quality sessions' to the following, more 'marathon specific' training program.

**Warning: do not try this at home!**

<b>Sun.</b>	am.	37 - 39 kms. Run easy pace for first two then run last 30 mins. hard (9 km.)	hours (28 - 30 kms.),
	pm.	10 - 11 km. easy	
<b>Mon.</b>	am.	15 - 16 km. easy	
	pm.	15 - 16 km. easy	
<b>Tues.</b>	am.	16 km. 'Mona Fartlek" (2 x 90 seconds, 4 x 60 seconds, 4 x 30 seconds, 4 x 15 seconds hard	with equal time recovery
	between.)		
	pm.	10 - 11 km. easy	
<b>Wed.</b>	am.	28 - 30 km. easy	
	pm.	10 - 11 km. easy	
<b>Thurs.</b>	am.	15 - 16 km. easy	
	pm.	15 - 16 km. easy	
<b>Fri.</b>	am.	17 - 19 km. 3 - 4 x Eastern Park Road km. circuit)	Circuit (undulating 2.34
		in 7 minutes with 2 mins. jog recovery	between.
	pm.	10 - 11 km. easy	
<b>Sat.</b>	am.	15 - 16 km. easy	
	pm.	15 - 16 km. easy	
<b>Total</b>		230 - 240 km.	

All easy runs between 3.40 - 4.00 min. / km. pace.  
Core stability work for 30 minutes on Monday and Thursday.  
Physio on Tuesday and massage on Friday.

**Lee, all the best in achieving your goals this year.**