

A Typical Training Week for James Bailey

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	Get up	Get up	Get up	Get up	Get up		
8	V02 session 90mins	Speed endurance session 90mins	School 60 mins	School 8:40- 1:45	Full runs 120mins	Get up	Get up
9						Threshold session 60mins	Either rest day or extra activity e.g. Stone mini slalom or going cycling.
10	Home, sleep, eat	Home sleep	Full runsx6 250mins		School 60mins		
11		Eat				Home Lunch	
12			Lunch (sandwiches) Pilates 60mins		Home Lunch		
1							
2							
3	Gym session (weights) 120 mins	Technique session 90 mins	School 60 mins	Aerobic session 50-80mins	Gym 120mins	Gym 120mins	
4			Gym 120 mins				
5	Geog. Lesson 60mins				Geog. Lesson 60mins	Dinner	
6		Dinner	Dinner	Dinner	Dinner		
7	Dinner					Relax e.g. cinema with mates	
8						Stretching 15mins	
9	Stretching 15mins	Stretching 15mins	Stretching 15mins	Stretching 15mins	Stretching 15mins	Bed	
10	Bed	Bed	Bed	Bed	Bed	Bed	