

# Sunday Morning Long Runs

**ALL SESSIONS START AT 07:45 FROM DONARD CAR PARK**

## 2:45 Runners

Week	Date	Run
13	21/01/2018	18 mile with 8 mile at marathon pace
12	28/01/2018	20 mile
11	04/02/2018	18 mile
10	11/02/2018	22 mile
9	18/02/2018	18 mile with 10 mile at marathon pace
8	25/02/2018	18 mile
7	04/03/2018	24 mile
6	11/03/2018	18 mile
5	18/03/2018	20 mile with 10 mile at marathon pace
4	25/03/2018	20 mile
3	01/04/2018	22 mile
2	08/04/2018	17 mile
1	15/04/2018	13 mile
0	22/04/2018	Race

## 3 Hour Runners

Week	Date	Run
13	21/01/2018	16 mile with 8 mile at marathon pace
12	28/01/2018	16 mile
11	04/02/2018	17 mile
10	11/02/2018	19 mile
9	18/02/2018	16 mile with 8 mile at marathon pace
8	25/02/2018	15 mile
7	04/03/2018	20 mile
6	11/03/2018	17 mile
5	18/03/2018	18 mile with 8 mile at race pace
4	25/03/2018	17 mile
3	01/04/2018	20 mile
2	08/04/2018	16 mile
1	15/04/2018	12 mile
0	22/04/2018	Race