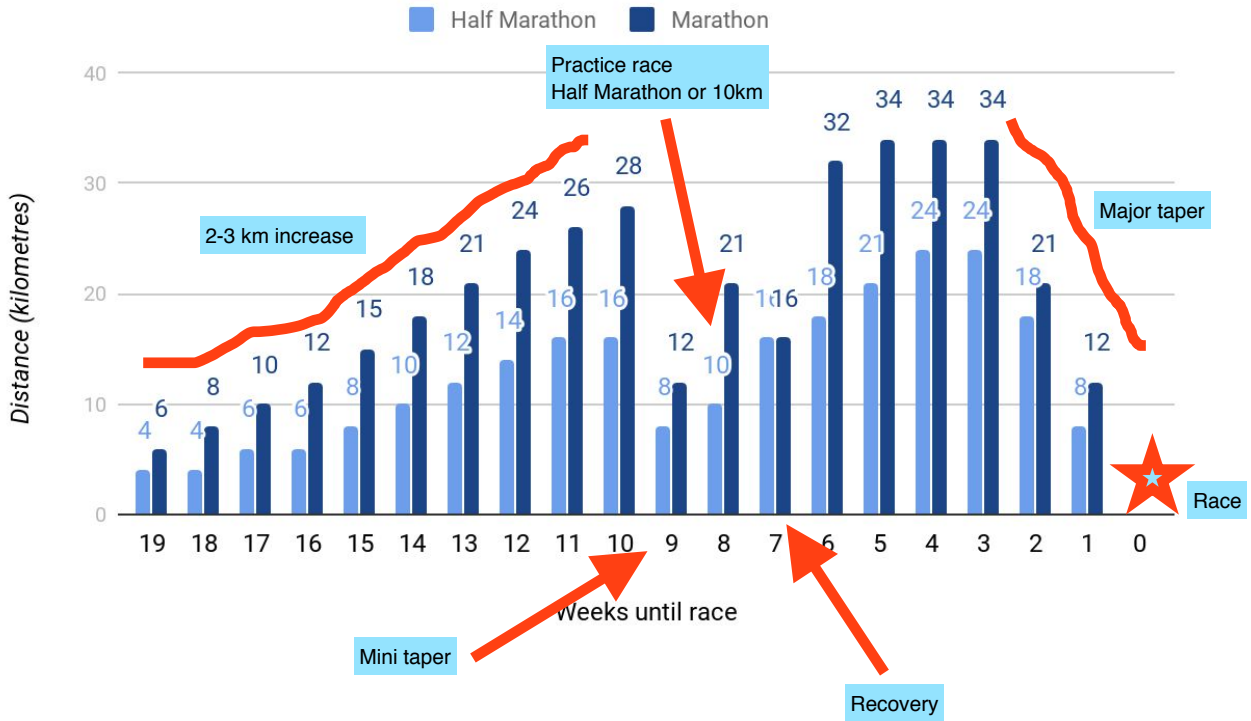
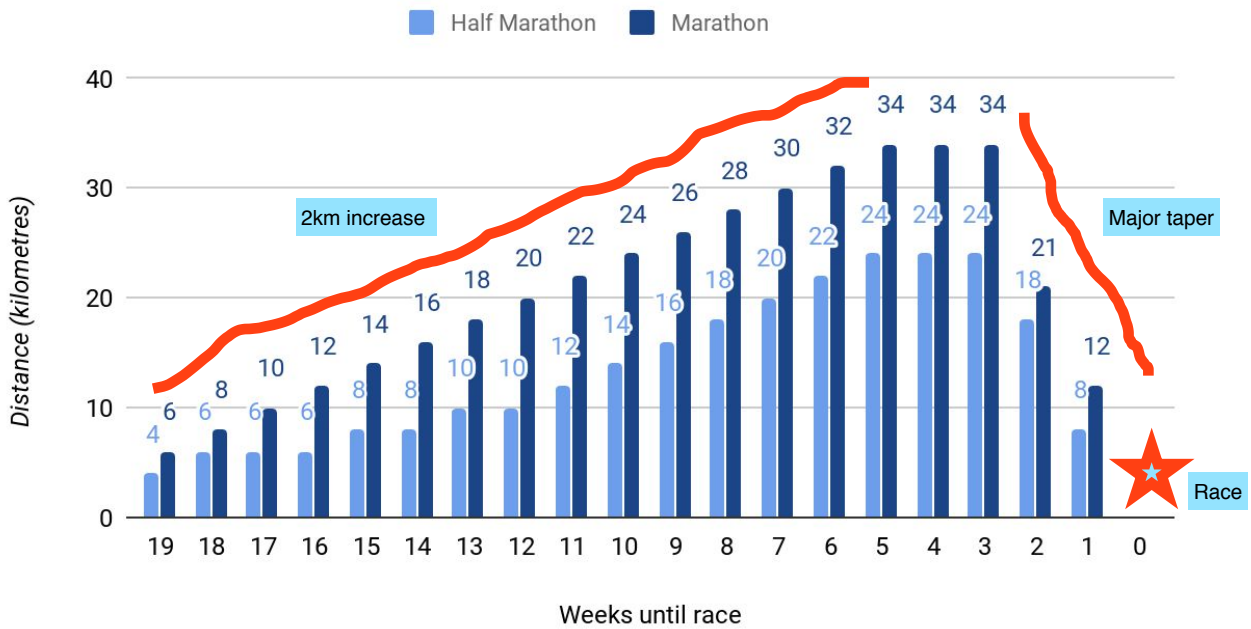


Metric (kilometres)

Long Run progression (with practice race)

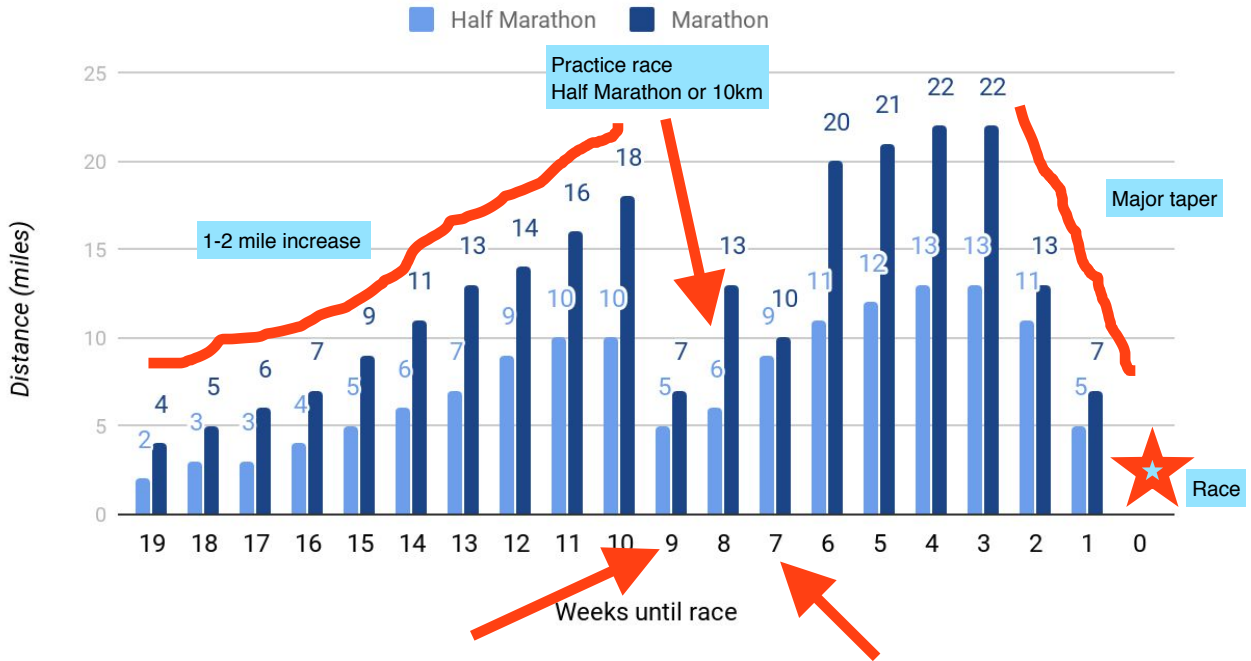


Long Run progression (no race)



Imperial (miles)

Long Run progression (with practice race)



Long Run progression (no race)

