



## Training Schedules

Tues Jan 1<sup>st</sup> to Thurs Jan 10<sup>th</sup> 2019

Mesocycle (4 weeks)	Week 1		Week 2	
Days	Tues: Jan: 1 <sup>st</sup> 2019	Thurs: Jan: 3rd	Tues: Jan: 8th	Thurs: Jan:10th
Details of Session	<p>Hangover Hobble</p> <p>A gentle paced run, historically approximately 6 miles.</p> <p>Followed by a Toast for the New Year at the Drift!</p> <p>Timing details will follow.</p>	<p>Hilly Circuits</p> <p>Single Circuits.</p> <p>Fast: 5 Med: 4 Steady :3</p> <p>Distance Recovery finishing at Mullins Lane T-junction.</p> <p>An easy introduction into 2019! <b>Headtorches advised at start of circuit.</b></p>	<p>Figure of "8" change of pace.</p> <p>Fast: 5 Med:4 Steady:3</p> <p>Distance recovery around The Horseshoe.</p>	<p>Kenyan Hills</p> <p>Four to Five markers, using lampposts &amp; or lights as markers.</p> <p>Fast: 6 Med:5 Steady :4</p> <p>Recovery of 1.5 to 2 mins.</p>
Session Location	Meet at the car park of Shattersford Enclosure.	The Wicket, Overbrook, Holly Bank, Hythe.	Beverly Road, Heatherstone Ave: Hythe	Malwood Road west, Hollybank, Hythe.
Training Emphasis	Fun & Friendship	Strength Endurance	Speed Endurance	Strength Endurance.
Coach	Ray	Chris	Andy	Ian