

Advanced Group Training Sessions Oct-Nov

Monday Sessions			
Date	Session	Location	Time
2 nd Oct	2 miles easy followed by 3 sets of; 4 X Hubbard's Close + 90 sec recovery, 5 mins easy jog between sets. 2 miles easy	Rugby Club	6.45pm
9 th Oct	Club Time Trial. We will run a 2-3 mile warm up then do the time trial (2.4ish miles) followed some stride work and cool down.	Rugby Club	6.45pm
16 th Oct	2 miles easy followed by 4x1 Mile + 2 mins, 2 miles easy	Rugby Club	7.00pm
23 rd Oct	2-3 easy followed by 3X Ayton road with long jog recovery. 2 miles easy.	Rugby Club	6.45pm
30 th Oct	2-3 easy followed by 10 x Leonard's close, 2-3 easy	Rugby Club	8.30am
6 th November	Club Time Trial. We will run a 2-3 mile warm up then do the time trial (2.4ish miles) followed easy 10 mins and then 1 x lap of time trial route in reverse 2 easy cool down.	Rugby Club	6.45pm
13 th November	2 miles easy followed by 3 sets of; 4 X Hubbard's Close + 90 sec recovery, 5 mins easy jog between sets. 2 miles easy	Rugby Club	6.45pm
20 th November	2 miles easy followed by 4x1 Mile + 2 mins, 2 miles easy	Rugby Club	6.45pm
27 th November	Club Time Trial. We will run a 2-3 mile warm up then do the time trial (2.4ish miles) followed some stride work and cool down.	Rugby Club	6.45pm

Tuesdays			
Date	Session	Location	Time
All	6-8 Easy/Cross Train/Off	Wherever	Whenever

Wednesdays			
Date	Session	Location	Time
All	8-10 Miles Easy/Steady or tempo for those that want too.	Waitrose Wymondham	6.15pm

Thursdays (Contact KC to ensure you are suitable for these sessions)			
Date	Session	Location	Time
5 th Oct	2 Miles easy followed by the classic Winter 7-mile tempo route. 2 miles easy	Waitrose Wymondham	6.30pm
12 th Oct	2-3 miles easy followed by 5 X 1 k (1 @ 5k pace, 4 fast) 2 easy cool down	Police Station	6.30pm
19 th Oct	2 miles easy followed by Hewitt Loop (2.12), Melton Loop (1.64), Barnham Loop (1.08) all with 5 min easy jog recovery. 2 miles easy	Waitrose Wymondham	6.30pm
26 th Oct	2 miles easy followed by 6-7 mile Tempo over hilly route, 2 miles easy	Hughes Hall Road	6.30pm
2 nd Nov	2 Miles easy followed by the classic Winter 7-mile tempo route + effort to Hewitt Lane. 2 miles easy	Waitrose Wymondham	6.30pm
9 th Nov	2-3 Easy followed by 6 X 800m with 2 mins recovery, 2-3 easy cooldown	Police Station	6.30pm
16 th Nov	2 easy followed by 5 mile out and back Tempo. 6 X 1 Min strides 2 easy	Waitrose Wymondham	6.30pm
23 rd Nov	2 miles easy followed by 6-7 mile Tempo over hilly route, 2 miles easy	Hughes Hall Road	6.30pm
30 th Nov	2-3 miles easy followed by 5 X 1 k (1 @ 5k pace, 3 fast, 1 @ 5k pace) 2 easy cool down	Police Station	6.30pm

Fridays			
Date	Session	Location	Time
All	6-8 Easy/Cross Train/Off	Wherever	Whenever

Saturdays			
Date	Session	Location	Time
All	1.5hrs-1.45hrs Easy	Waitrose or elsewhere by agreement	8.00am

For the next 8-week block try and add in an AM run on one of the easier days when you can just start with 2-3 miles and build to 4-5