

## December 2017 Monday Sessions

Level	4 <sup>th</sup>	11 <sup>th</sup>	18 <sup>th</sup>	25 <sup>th</sup>	Group specifics
<b>Development</b> Pace 9.00-10.30 p/mile	Speedwork session  DH	Club Time Trial Final	Christmas Lights Run  Fancy Dress Optional	Christmas Day	Training principles for newer runners, Speed and endurance improvement Technique Running distance approx 3-5 miles.
<b>Improver</b> Pace 7.45-8.45 p/mile	Time Trial Prep run Including 1 lap of route. Plus Race practice return to club KR	Club Time Trial Final	Christmas Lights Run  Fancy Dress Optional	Christmas Day	Mixed ability group, Running distance approx 4-6 mile. Variety of session styles and locations
<b>Intermediate</b> Pace 7.00-7.45 p/mile	Pace management Rothbury Road/Folly road loop 6/7 miles	Club Time Trial Final	Christmas Lights Run  Fancy Dress Optional	Christmas Day	Faster paced mixed ability group. Variety of session styles and locations. Running distance 6+ miles P/M – pace Management E/P – Endurance and Pace Management S/T – Strength and Technique S/E – Speed and Endurance T - Technique
<b>Advance</b> Pace 6.00 – 7.00 p/mile	2 mile easy – 2 mile tempo, 6 x 2min fast 2 mile easy	Club Time Trial Final	Christmas lights run + 6 miles fartlek session	Christmas Day	Higher intensity longer distance group. Running distance 6-8 miles