

Advanced Group Training Sessions Dec – Jan

Monday Sessions			
Date	Session	Location	Time
4 th Dec	2 miles easy followed by 2 mile tempo, followed by 6 x 2 mins fast. 2 miles easy	Rugby Club	6.45pm
11 th Dec	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
18 th Dec	XMAS Lights Run followed by 6 mile fartlek session	Rugby Club	6.45pm
25 th Dec	No Club Sessions. Organise through Whatsapp	TBC	TBC
1 st Jan	No Club Sessions. Organise through Whatsapp	TBC	TBC
8 th Jan	2 miles easy followed by 3 X (1xMile effort, 2 x Barnham Hill) 2 miles easy	Rugby Club	6.45pm
15 th Jan	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
22 nd Jan	2 miles easy followed by 8 x 3 mins + 90 sec recovery. Aim to get further each rep. based at police station. 2 miles easy	Rugby Club	6.45pm
29 th Jan	2 miles easy followed by 4 x Ayton Road & Browick road. 2 miles easy	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
7 th Dec	2 Miles easy followed by the classic Winter 7-mile tempo route. 2 miles easy	Police Station	6.30pm
14 th Dec	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	Police Station	6.30pm
21 st Dec	Norwich Hill Session 10.5 Miles	Hughes, Hall Road	6.30pm
28 th Dec	2 miles easy followed by 6 miles Out & Back Tempo. 2 miles easy	Police Station	6.30pm
4 th Jan	2 miles easy followed by Long interval fartlek session	Police Station	6.30pm
11 th Jan	Norwich Hill Session 10.5 Miles	Hughes, Hall Road	6.30pm
18 th Jan	2 Miles easy followed by the classic Winter 7-mile tempo route. 2 miles easy	Police Station	6.30pm
25 th Jan	2 miles easy followed by 3 miles tempo + 2 x 1 Miles 3 Mile tempo. 2 miles easy	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