

Advanced Group Training Sessions February-March

Monday Sessions			
Date	Session	Location	Time
5 th Feb	2 miles easy, 2 miles Tempo followed by 6,5,4,3,2,1 +90 sec recovery. 2 miles easy	Rugby Club	6.45pm
12 th Feb	3 -4 miles increasing pace warm up followed by 5 x 1k, 2 miles easy	Rugby Club	6.45pm
19 th Feb	2 miles easy, 5-6 mile fartlek, 2 miles easy	Rugby Club	6.45pm
26 th Feb	2-3miles easy, 1 x 800 fast, steady 400m run, 1x 400 fast. 2 min recovery x 4, 2 miles easy	Rugby Club	6.45pm
5 th March	2-3 miles easy, Ayton/Browick road + 3 mins easy recovery run x 4. 2 miles easy	Rugby Club	6.45pm
12 th March	2-3 miles easy, 2mins fast 2 mins easy x 20 + 1 x Mile effort. 2 miles easy	Rugby Club	6.45pm
19 th March	2 miles easy followed by 8,6,4,2 mins all with 2 min active recovery	Rugby Club	6.45pm
26 th March	2-3 building pace 1x800m fast followed by 8 x 400m with 400m slow jog recovery, 1 x 800m faster than 1 st 800m. 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 Thursday session for those that cant do Thursday.	Waitrose Wymondham	6.15pm

Thursdays			
Date	Session	Location	Time
1 st Feb	2 miles easy, Classic Tempo Route + 1.5 Mile out & back fast. Easy 2 miles	Police Station, Wymondham	6.30pm
8 th Feb	Norwich Hill Session 10.5 Miles	Hughes, Hall Road	6.30pm
15 th Feb	2 miles easy followed by 6 mile out and back tempo, 2 miles easy	Police Station, Wymondham	6.30pm
22 nd Feb	2 miles easy, Classic Tempo Route + 2 Mile out & back fast. Easy 2 miles	Police Station, Wymondham	6.30pm
1 st March	2 miles easy followed by 3,2,1 miles @ Tempo pace with 2 min recovery, 2 miles easy	Police Station, Wymondham	6.30pm
8 th March	Norwich Hill Session 10.5 Miles	Hughes, Hall Road	6.30pm
15 th March	2 miles easy followed by 6 mile out and back tempo, 2 miles easy	Police Station, Wymondham	6.30pm
22 nd March	2 miles easy followed by 6 mile out and back tempo, 2 miles easy	Police Station, Wymondham	6.30pm
29 th March	Norwich Hill Session 10.5 Miles (Clocks have changed, More Daylight, Whoop!)	Hughes, Hall Road	6.30pm

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

Saturdays (Aimed at those running marathons but all welcome and we can work routes out each week)			
Date	Session	Location	Time
3 rd Feb	Marathon Pace Long Run	Waitrose or elsewhere by agreement	8.30am
10 th Feb	Easy Long Run	Waitrose or elsewhere by agreement	8.30am
17 th Feb	Marathon Pace Long Run (out and back)	Marriott's Way	8.30am
24 th Feb	Easy Long Run	Waitrose or elsewhere by agreement	8.30am
3 rd March	Marathon Pace Long Run	Waitrose or elsewhere by agreement	8.30am
10 th March	Easy Long Run	Waitrose or elsewhere by agreement	8.30am
17 th March	Marathon Pace Long Run	Waitrose or elsewhere by agreement	8.30am
24 th March	Easy Long Run	Waitrose or elsewhere by agreement	8.30am
31 st March	Marathon Pace Long Run	Waitrose or elsewhere by agreement	8.30am

If you are not running a marathon. Start thinking about adding in some additional speed work when possible. This can be done on Saturdays within a longer run. For example week 1 13-14 easy, week 2 8-10 400m at the track and then long run Sunday. See me if you want some ideas. I'll aim to start some specific track sessions from the 25th March

Sundays			
Date	Session	Location	Time
All	Own session Easy or long run for those that cant make Saturdays	Wherever	Whenever