

Advanced Group Training Sessions November –December 2018

Monday Sessions – Meet at Ketts Park!			
Date	Session	Location	Time
5 th Nov	Easy 2-3 warm up followed by 5 x 1k increasing pace intervals. 1-2 easy cool down	Police Station	6.40pm
12 th Nov	Easy 2-3 followed by 4x1 mile intervals all at 5k pace – 5-10 secs. 1-2 easy	Barnahm Broom Lane loop	6.40pm
19 th Nov	2-3m easy -4,3,2,1 mins starting at 10k pace + 60 seconds recovery. Then 6 Mins @ 10k pace then repeat 4,3,2,1. 1-2 easy cool down	Police Station	6.40pm
26 th Nov	Winter Time Trial. We will run a 2-3 mile warm up then do the time trial (2.4ish miles) followed some 6 x Barnham broom hills	Start at Hubbards Close	6.40pm
3 rd Dec	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	Hubbards Close	6.40pm
10 th Dec	Winter Time Trial Final or Fartlek Session with KC for those that have not qualified or taking part	Hubbards Close	6.40pm
17 th Dec	Easy 2-3 warm up followed by 8x800m (4@ 5k pace, 4 increasing pace). 1-2 easy cool down	Police station	6.40pm
24 th Dec	2-3 Easy 5-6 mile fartlek session followed by 1-2 miles easy cooldown	All over town!	6.40pm

Wednesdays			
Date	Session	Location	Time
All	Tempo session, both a shorter 4 mile option and an 8 mile option. Circa 8-10 miles in total.	Waitrose Wymondham	6.30pm
14 th November & 12 th December	Norwich Hill Session circa 10 miles	Hughes Hall Road	6.30pm

Thursdays			
Date	Session	Location	Time
All	Circuit training at Hethersett Old Hall School or	Hethersett Old Hall School or Police Station	6.30pm

Saturdays			
Date	Session	Location	Time
All	Long Run Group or Speed work. Use WhatsApp group to organise.	Waitrose or elsewhere by agreement	8.30am (ish)