

Advanced Group Training Sessions January-February 2018

Monday Sessions – Meet at Ketts Park!			
Date	Session	Location	Time
7 th Jan	Easy 2-3 warm up followed 3-4, 1.5 miles progressing pace + 2 mins. 1-2 easy cool down	Time Trial loop	6.40pm
14 th Jan	Easy 2-3 miles followed by 6-10 x 1k 10k/10mile pace depending on target races. Easy 1-2	Station	6.40pm
21 st Jan	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	All over Wymondham!	6.40pm
28 th Jan	Easy 2-3 miles. 4-5 x 800 fast, 400 steady, 400 fast + 90 secs. Easy 1-2 cool down	Police Station	6.40pm
4 th Feb	Easy 2-3 followed by 6 mile hilly fartlek session. 1-2 easy cooldown	Wherever there is a hill!	6.40pm
11 th Feb	Easy 2-3 followed by 2 miles @ 10k pace, 1 mile @ 5k pace + 3-4 Hubbards close	Time Trial Loop & Hubbards	6.40pm
18 th Feb	Easy 2-3 miles followed by 8x 800m + 45 secs@ 10k pace. Easy 1-2	Police station	6.40pm
25 th Feb	Easy 2-3 followed by Strava Segment Session, Easy 1-2	All over town!	6.40pm

Wednesdays			
Date	Session	Location	Time
Every Wednesday	Tempo session, both a shorter 4 mile option and an 8 mile option. Circa 8-10 miles in total. New Route	Waitrose Wymondham	6.30pm
14 th February	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 Police Station	Hethersett Old Hall School or Police Station	6.30pm

Saturdays			
Date	Session	Location	Time
All	Lots of people training for marathons so try and get some time together to make it easier!	Waitrose or elsewhere by agreement	8.30am (ish)