

| Advanced Group March Training | |
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| Mondays | |
| 4 th March | <p>1-2 Easy miles warm up followed by;</p> <p>3 x 4 mins with 1 min recovery (5k) 2-3 min jog/regroup 3 x 2 mins with 1 min recovery (5k) 2-3 mins jog/regroup 10 mins at tempo (10-5k) 2-3 min jog/regroup 3 x 1 min with 200 rolling recovery between (fast)</p> <p>1-2 easy (Route will be around TT Loop)</p> |
| 11 th March | <p>1-2 Easy miles warm up followed by;</p> <p>3x10 mins alternating pace with 3 mins in between each set.</p> <p>1-2 easy (Around town)</p> |
| 18 th March | <p>1-2 Easy miles warm up followed by;</p> <p>3-4 x1 Mile with 90secs recovery then 6x1min +60 secs recovery.</p> <p>1-2 easy (Route will be TT loop)</p> |
| 25 th March | <p>1-2 Easy miles warm up followed by; 10min tempo followed by 10x Leonard's close. 1-2 easy. (Leonards close)</p> |
| Wednesdays | |
| Tempo run 4-8 miles. Meet at Waitrose Wymondham 6.30pm | |
| Thursdays | |
| Police Station or Circuits 6.30pm | |