

Monday Coached sessions – January 2012

Coach	Andy Advanced	Kim Intermediate	Roy/ Terry Intermediate	Steve / Tracy Improver	Ian/Dave Development
09th January	1) 7 mins Tempo, 5mins Race Pace 5min recovery 2) 2 x 2 mins 2 x 1.5 min 2 x 1min 4 x 40 secs 20 secs rec.	Speedwork – Harts Farm Time Efforts – Turn and burn	1 min efforts 30 Sec recovs	½ mile efforts in town – Ketts Avenue loop	4 mile run – including 10 min tempo run
16th January	Time Trial Race 3	Time Trial Race 3	Time Trial Race 3	Time Trial Race 3	Time Trial Race 3
23rd January	1) 10mins tempo 6min race pace 6.30 recovery 2) 1min out 50 sec back 2min out 1.45 back 4 x 40sec	Long Loop efforts – Rothbury/Folly Distance tbc	Ayton Road Hills	Ketts Park lampposts – 100m/200m shuttles speedwork	Intro to Hill Work – Folly Road, Pople Street, Hewitts Lane
30th January	2 x 2k (1 min recov) 2 x 800 (1min rec) 2 x 400 (1min rec) 4 x 200 (30 sec rec)	Hills Queensway loop x 6	Hubbards Close Loops	Right Up lane/Ayton Road long hills session/recovery run	Police Station Loops - Longer Efforts

Monday Coached sessions – February 2012

Coach	Andy Advanced	Kim Intermediate	Roy/ Terry Intermediate	Steve / Tracy Improver	Ian/Dave Development
6th February	3-2-1 (800) 1-2-3 (800) Recoverys Police Station	Endurance Hills – Ayton Road 30min	Tempo Run	With Andys Group	Pyramid Efforts 1-2-3 1 min
13th February	Time Trial Race 4	Time Trial Race 4	Time Trial Race 4	Time Trial Race 4	Time Trial Race 4
20th February	With Roy/Terry	Endurance Hills – Pople Street, BBR Loop 1.5mile x 2/3	Police Station 1km efforts	Melton Road/Poynt Close hills loop and shuttles	4-5 mile run Including 15mins tempo
27th February	10min Tempo 3 x 5min hard 4 x 200m strides	Pyramid 2/4/6/4/2	5 ½ mile Hills Circuit	Hubbards Close fartlek session	Hills – Chapel Lane