

Tuesday Jan/Feb training plan:

Day	Date	Option 1: efforts/speed	Option 2: hills Meet at bottom Beacon Hill	Option 3: steady run
Tues	9 th Jan	Valley Prospect pyramids. Leader: Ernie	Mixed hills (short and long efforts) Leader: Richard	Out and back town run Leader: Rachel
Tues	16 th Jan	Ducks and Drakes – Grange Rd, Hawton Road etc Leader: Richard	Lincoln Road bridge bumps Leader: Faye	Farndon loop (5 miles) or Farndon out-and-back (3.2 miles) Leader: Rick
Tues	23 rd Jan	Efforts Fosse Way Leader: Jeremy	Long hills Leader: Ernie	Out and back town run Leader: Faye
Tues	30 th Jan	Riverside/Fairway interval training. Leader: Faye	Kenyan hills (continuous loops) Leader: Rachel	Hawton Rd, Boundary Rd, Bowbridge Rd, London Rd, Footpath, Hawton Ln, Grange Rd, Valley Prospect (4.5 miles) Leader: Jeremy
Tues	6 th Feb	Farndon Rd fingers efforts–side roads (The Ivies, The Osiers and The Maltsters). Leader: Rachel	Short hills (sprints) Leader: Richard	Out and back town run Leader: Ernie
Tues	13 th Feb	Farndon loop tempo run Leader: Jeremy	Jessop Way (Industrial Estate) 60 sec efforts Leader: Richard	Farndon loop (5 miles) or Farndon out-and-back (3.2 miles) Leader: Faye
Tues	20 th Feb	Valley prospect ½ mile efforts/steady Leader: Richard	Hill Pyramids - Cafferata Way Leader: Rick	Out and back town run Leader: Ernie
Tues	27 th Feb	Valley Prospect gear changes Leader: Ernie	Hill roulette Leader: Rachel	Torch light run round park. Leader: Faye
Tues	6 th Mar	Negative or Positive split. Out and back to top Beacon Hill (Phillpot Close) 4.7 mile. Leader: Richard	Up Beacon Hill, down Cafferata Way, back up, continue up Beacon Hill to start grass (reverse and repeat) Leader: Jeremy	Farndon loop (5 miles) or Farndon out-and-back (3.2 miles) Leader: Rachel

Thursday Jan/Feb training plan:

Day	Date	Option 1: efforts/speed/hills	Option 2: steady run
Thursday	11 th Jan	Fernwood - Ducks & Drakes Leader: Jeremy	Grange Rd out and back Leader: Rick
Thursday	18 th Jan	New road roundabouts– Effort / steady sections. Leader: Rick	Hawton Ln, London Rd, Boundary Rd & Hawton Ln. 3.5 mile Leader: Ernie
Thursday	25 th Jan	London Road ¼ mile efforts Leader: Richard	Fernwood out and back (3.2 miles) option - loop round estate 1.25 mile (total 4.45 mile). Leader: Rachel
Thursday	1 st Feb	Trinity Road/Bailey Road – Effort/steady laps Leader: Richard	Grange Rd out and back 3 miles Leader: Jeremy
Thursday	8 th Feb	Torchlight hills (new bridge) Leader: Ernie	Torchlight Run – Old railway track Leader: Jeremy
Thursday	15 th Feb	Tempo run - Hawton Ln, London Rd, Boundary Rd & Hawton Ln. Leader: Jeremy	Fernwood out and back (3.2 miles) option - loop round estate 1.25 mile (total 4.45 mile). Leader: Richard
Thursday	22 nd Feb	Pyramids – Fernwood Industrial Estate Leader: Richard	Hawton Ln, London Rd, Boundary Rd & Hawton Ln. 3.5 mile Leader: Rick
Thursday	1 st Mar	Efforts and shuttle runs - Flowserve Drive. Leader: Rachel	Trinity Road/Bailey Road – steady laps (your count) Clockwise/anticlockwise Leader: Ernie
Thursday	8 th Mar	Manners Road – ½ mile. Leader: Jeremy	Grange Rd out and back 3 miles Leader: Rick