

Tuesday March/April training plan:

Day	Date	Option 1: efforts/speed Where no hill session there are 2 effort options from Tom Mann.	Option 2: effort/hills Where stated meet at bottom Beacon Hill	Option 3: steady run	Option 3: Skills and Drills
Tues	13th Mar	Valley Prospect pyramids. Leader: Faye	Mixed hills (short and long efforts) Meet at Beacon Hill Leader: Richard	Out and back town run Leader: Jeremy	----- -----
Tues	20th Mar	Ducks and Drakes – Grange Rd, Hawton Road Boundary Rd Lime Grove etc Leader: Richard	Lincoln Road bridge bumps. Meet at Beacon Hill. Leader: Jeremy	Farndon loop (5 miles) or Farndon out-and-back (3.2 miles) Leader: Rick	----- -----
Tues	27th Mar	Efforts Fosse Way Leader: Rick	Long hills Meet at Beacon Hill Leader: Faye	Out and back town run Leader: Richard	----- -----
Tues	3rd April	Riverside/Fairway interval training. Leader: Rachel	Jessop Way (Industrial Estate) 60 sec efforts Meet at Beacon Hill Leader: Faye	Hawton Rd, Boundary Rd, Bowbridge Rd, Grange Rd, Valley Prospect (3 miles) Leader: Jeremy	----- -----
Tues	10th April	A. Riverside meet and retreat Leader: Ernie B. Tempo out to Elm Avenue / effort loop round Elm Avenue Tempo return. Leader: Rick	----- -----	Out to Elm Avenue optional loop round Elm Avenue Leader: Rachel	----- -----
Tues	17th April	Farndon loop tempo run Leader: Jeremy	Hill roulette Meet at Beacon Hill Leader: Rachel	Farndon loop (5 miles) or Farndon out-and-back (3.2 miles) Leader: Richard	----- -----
Tues J&P 1 Ernie	24th April	A. Valley prospect ½ mile efforts/steady Leader: Richard B. Sconce park - short Hills Leader: Faye	----- -----	Out and back town run Leader: Jeremy	TBC Rachel
Weds	25th April	Summer league 1			

Tues J&P 2 Ernie	1st May	Sconce park -Parlhaufs & Relays Leader: Faye	Up Beacon Hill, down Cafferata Way, back up, continue up Beacon Hill to start grass (reverse and repeat) Meet at Beacon Hill Leader: Rick	Farndon loop (5 miles) or Farndon out-and-back (3.2 miles) Leader: Jeremy	----- -----
Tues J&P 3 Ernie	8th May	A. Negative or Positive split. Out and back to top Beacon Hill (Phillpot Close) 4.7 mile. Leader: Richard B. Valley Prospect gear changes Leader: Rachel	----- -----	Sconce park 2k loop x 2 and relays Leader: Faye	----- -----
Tues J&P 4 Ernie	15th May	Sconce park - path effort and steady loops. Leader: Jeremy	Beacon Hill - Bus stop x2/3/4 Meet at Beacon Hill Leader: Richard	Hawton Rd, Boundary Rd, Bowbridge Rd, Grange Rd, Valley Prospect (3 miles) Leader: Faye	----- -----
Weds	16th May	Summer league 2			
Tues J&P 5 Ernie	22nd May	A. Tempo run - Hawton (Church), (Hardy's Farm) Farndon, Foss Rd return Sconce Park loop (5 mile) Leader: Richard B. Valley Prospect Intervals (0.3mile) Leader: Faye	----- -----	Out to Elm Avenue optional loop round Elm Avenue Leader: Jeremy	TBC Rachel
Tues J&P 6 Ernie	29th May	Memorial run - route and venue Flowserve TBC ?			

Thursday March/April training plan:

Day	Date	Option 1: efforts/speed/hills	Option 2: steady run
Thursday	15th Mar	Fernwood - Ducks & Drakes Leader: Richard	Grange Rd out and back - option return to last runner ping pong/meet. Leader: Rachel
Thursday	22nd Mar	New road roundabouts– Effort / steady sections. Leader: Rick	Hawton Ln, London Rd, Boundary Rd & Hawton Ln. 3.5 mile Leader: Jeremy
Thursday	29th Mar	London Road ¾ mile efforts Leader: Jeremy	Fernwood out and back (3.2 miles) option - loop round estate 1.25 mile (total 4.45 mile). Leader: Richard
Thursday	5th April	Manners Road efforts Leader: Rachel	Grange Rd out and back 3 miles - option return to last runner ping pong/meet. Leader: Rick
Thursday	12th April	Old railway track bridges effort/steady Leader: Rick Shoe trial 6:30pm (?)start.	Old railway track Leader: Ernie
Thursday	19th April	Tempo run - railway track to Beacon Hill x1/2/3 to start grass Leader: Richard	Trinity Road/Bailey Road – steady laps (your count) Clockwise/anticlockwise Leader: Rachel
Thursday	26th April	Kelham Hills pace / time? Leader: Rachel & Richard	Hawton Ln, London Rd, Boundary Rd & Hawton Ln. 3.5 mile Leader: Jeremy
Thursday	3rd May	Efforts and shuttle runs - Staple Road. Leader: Jeremy	Old railway track and Balderton lake loop Leader: Richard

Thursday	10th May	2 laps Hawton Lane, London Rd, Boundary Rd & Hawton Lane. (1st lap steady 2nd lap effort - 3.5 mile lap. Leader: Rick	Grange Rd out and back 3 miles - option return to last runner ping pong/meet. Leader: Richard
Thursday	17th May	New bridge (Railway path) efforts - relays Leader: Richard	Fernwood out and back (3.2 miles) option - loop round estate 1.25 mile (total 4.45 mile). Leader: Rick
Thursday	24th May	Balderton lake loop – Effort / Steady 20/40 seconds Leader: Rachel	Flowserve, Staple Lane, London Rd, Hawton Lane 3.5 mile loop Leader: Jeremy
Thursday	31st May	Whisby Nature Reserve Leader: Rachel & Jeremy	Hawton Ln, London Rd, Boundary Rd & Hawton Ln. 3.5 mile Leader: Richard