

Tuesday June/July training plan: Trainers - Rachel, Faye, Rick & Jeremy

Day	Date	Option 1: efforts/speed	Option 2: effort/hills Where listed meet at bottom Beacon Hill	Option 3: steady run
Tues J&P Ernie	5th June	No training Gordon Welbourne week		
Tues J&P Ernie	12th June	Farndon Rd fingers efforts- side roads (The Ivies, The Osiers and The Maltsters). Leader: Faye	Kenyan hills (continuous loops) Leader: Rachel	River path run out and back (via Dorner Way) Leader: Jeremy
Tues J&P Ernie	19th June	Tempo run - Foss Rd (Hardy's Farm) Farndon, Hawton (Church), Valley Prospect return Sconce Park loop (5 mile) Leader: Jeremy		Sconce park 2k loop x 2 and relays Leader Faye
Tues J&P Ernie	26th June	Sconce park -Parlhaufs & Relays (whole club) Leader: Rick and Rachel		
Tues	3rd July (To be conformed Notfast 10k Marshall run Rugby club OR Thurs 5th July - if so no training sessions.)	Riverside Meet and Greet Leader: Rick		Sconce park path loops, clockwise/ anti clockwise Leader: Ernie
Tues	10th July	River path run (via Dorner Way) to Farndon Marina bridge and return (6 miles) Leader: Jeremy	Mixed hills (short and long efforts) Meet at Beacon Hill Leader: Rick	River path run out and back (via Dorner Way) Leader: Faye
Tues	17th July	Sconce park - path effort and steady loops. Leader: Jeremy		Out and back town run Farndon loop (5 miles) or Farndon out-and-back (3.2 miles) Leader: Rick
Tues	24th July	Tempo run - Foss Rd (Hardy's Farm) Farndon, Hawton (Church), Valley Prospect return Sconce Park loop (5 mile) Valley Prospect pyramids. Leader: Jeremy	Kenyan hills (continuous loops) Leader: Rachel	Hawton Rd, Boundary Rd, Bowbridge Rd, Grange Rd, Valley Prospect (3 miles) Leader: Ernie
Tues	31st July	Whisby Nature Park reserve		

Thursday June/July training plan:

Day X Faye	Date	Option 1: efforts/speed/ hills	Option 2: steady run
Thursday	7th June	No training Gordon Welbourne week	
Thursday	14th June	Summer Solstice practice run (fish and chips)	
Thursday	21st June	Manners Road efforts Leader: Jeremy	Flowserve, Staple Lane, London Rd, Hawton Lane 3.5 mile loop Leader: Rachel
Thursday	28th June	New road roundabouts- Effort / steady sections. Leader: Rick	Railway path towards NG station out and back 25mins each way Leader: Ernie
Thursday	5th July (To be conformed Notfast 10k Marshall run Rugby club OR Tues 3rd July - if so no training sessions.)	London Road $\frac{3}{4}$ mile efforts Leader: Rick	Old railway track and Balderton lake loop Leader: Rachel
Thursday	12th July	Staple Lane (new section) Interval training Leader: Jeremy	Fernwood out and back (3.2 miles) option - loop round estate 1.25 mile (total 4.45 mile). Leader: TBC
Thursday	19th July	Post 10k run	
Thursday	26th July	Railway path to NG Station effort/ steady pace bridges change. Leader: Jeremy	Railway path out to 3rd wind generator and return Leader: Ernie