

Low Fell Running Club

Training Schedule w/b 02.01.2012 – w/b 20.03.2012

The outline of the schedule for the training period is mainly geared towards the cross country season (looking to get teams out in the NEHL and also Championships) and endurance/strength conditioning for a Spring ½ or full marathon (notionally Redcar / Wallington and London respectively). This cycle will take us through to the end of March with more of a focus on speed-endurance to follow in April/May. Potential 'step back weeks' (not so intense) are highlighted.

Ideas for training over weekends if you are not competing is also provided – remember you can join any one of two 'Sunday Run' groups a) 0800 at the 'Gold Medal' b) 0900 Low Fell Library, with the earlier group tending to run a bit further. Suggested that any other runs you want to undertake (M, W, F) are easy runs of about 30 -40 mins. Remember to have one or two rest days – up to you whether this is active or not, but suggest at least one day where you don't do anything!

Date	'Fast Group'	'Medium Group'	Weekend
03.01.	4 x 1 mile at around 80% effort, on 2 min jog recovery		Sat; Watergate Park / Washingwell Woods Fartlek loop in woods
05.01.	8 miles easy-steady; (GIS, Baltic, Riverside, Dunston loop) 6 x 150m strides within TVTE		Sun; 1hr 30 – 1hr 45 Longer run
10.01.	TVTE; 4 sets (800 + 2x400) all on 1:30 jog recovery	TVTE; 3 sets (800 + 2x400) all on 1:30 jog recovery	Sat; Saltwell Park 6 x 'large lake loop' on 1 min jog recovery
12.01.	10 miles steady with middle 3 mile tempo run – Durham Road, Birtley, Barley Mow, Eighton Banks, Wrekenton		Sun; 1hr 45 mins; 3 sets(1:2:4 min steady efforts on 5 min)
17.01.	TVTE; 8 x 1K	TVTE; 6 x 1K	Sat; GIS; 3 x 800m; 5 mile tempo run; 3 x 800m
19.01.	Easy 7 miles – TVTE; Lobley Hill, Curly Bridge, Bensham Bank, Saltwell Road, Joicey Road		Sun; 1hr 45min longer run (easy)
24.01.	Easy fartlek session within 7 – 8 miles; Riverside, Dunston, Lobley Hill, TVTE		Sat; Northern CCC, Pontefract
26.01.	8 miles easy run; Leam Lane; Felling; Saltwell Road, Durham Rd		Sun; 1hr 45 ; 4 sets (1:2:4 min steady efforts on 5 min)
31.01.	6 x 3min hill reps, Beacon Lough		Sat; Watergate Park – 3 sets (5x 1min[on 1 min 'float'] + 3 x hill reps)
02.02.	10 miles steady with middle 5 mile tempo run – Durham Road, Birtley, Barley Mow, Eighton Banks, Wrekenton		Sun; 1hr 45 – 2 hrs middle 7-8 miles tempo run (at same pace or slightly quicker than projected marathon/1/2 marathon target)

Date	'Fast Group'	'Medium Group'	Weekend
07.02.	Gateshead College loop 12 x ½ mile (6 laps)	Gateshead College loop 10 x ½ mile (5 laps)	Sat; NEHL, Wrekenton
09.02.	8-10 miles easy; Birtley Library, A1; Eighton Banks; Sheriff Hill, Civic Centre, Coatsworth Road		Sun; 2 hours 'easy'
14.02.	TVTE 6 x 2K on 1:30 jog recovery	TVTE 4 x 2K on 1:30 jog recovery	Sat; GIS 8 x 800m on 45sec jog
16.02.	Barley Mow loop ~ 9-10 miles incl 12 1' strides on 1' jog		Sun; 2 hours incl 3 x 20 mins 'efforts' on 5min recovery
21.02.	TVTE; 16 x 400m (relaxed tempo) on 1 min jog	TVTE; 12 x 400m (relaxed tempo) on 1:30 jog	Sat; English National
23.02.	6 miles easy (GIS, Baltic, Riverside, loop) 6 x 150m strides within final mile and half		Sun; 1:45 easy run
28.02.	Hills; 3 x 6 short hill reps (Fife Street, Joicey Road, TVTE) tempo run between 1 -2 / 2 -3 set		Sat; NEHL (5), Alnwick
01.03	10 miles incl 5 mile tempo run; Coatsworth Road, Felling Bypass, Leam Lane, Long Bank, Durham Road		Sun; 2 hours with middle hour 'effort'
06.03.	TVTE; Pyramid session Ingerssol Rand; 1 – 2 – 3 – 4 – 5 – 4 – 3 – 2 – 1 (1,2,3, 4,3,2,1 for medium pack)		Sat; GIS – 5K striding straights and jogging bends + 5 mile tempo run
08.03.	3 x ½ mile @ Gateshead College then 10 miles steady state		Sun; 2 hours – 2:15 longer run
13.03.	TVTE; 13 x 1 mile (alternate quicker and slower miles)	TVTE; 8 x 1 mile (alternate quicker and slower miles)	Sat; Hill session Watergate Park or NE Vets CCC
15.03	8-9 miles steady; Birtley, Eighton Banks loop		Sun; 2:15 incl 4 sets(1:2:4 min steady efforts on 5 min)
20.03.	TVTE or GIS; 8 x 600m on 45sec jog recovery	TVTE or GIS; 6 x 600m on 1 min jog recovery	Sat; NEHL (6) Prudhoe
22.03.	10 miles easy: Birtley, Barley Mow		Sun; 2:15 longer run

Some of the options for Saturdays (Watergate, GIS, Saltwell Park, Chopwell Woods) are negotiable. We can make decisions during preceding week in each case. Sessions will start fairly early i.e. around 0900 / 0930. Also look out for A Saltwell Park 'Parkrun' due to commence towards end of January I believe. Can include 5K tempo run within session some weeks there maybe – have a brew afterwards in the café.

Cheers

John S.