

Low Fell Running Club

Training Schedule w/b 28.06.2009 – 25.09.2010

The outline of the schedule for the training period to September is mainly geared towards the GNR via Tynedale 10K and 10 picking up a few local races along the way over the summer.

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.

Unfortunately I’m working away from the area July 16th to early August, but will be with you in spirit. Enjoy!

Date	‘Fast Group’	‘Medium Group’	Weekend, if not racing
29.06	TVTE; 4 x 800m (1’ jog); 4 x 400m (1 min jog) 3mins jog between sets		Sat; 6 miles over parkland (e.g. Watergate), with middle 4 miles fartlek
01.07.	Easy 7 – 8 miles		Sun; 1hr 30mins easy
06.07.	Saltwell Park; 3 (large loop + 3 x top straight stride) all on 1’ jog; or 3 miles jog if running Tynedale on 7 th		Sat; Track or Park session 2x(1K; 5x200m); 1K all on 200m jog
08.07.	Angel View Run – marshalling/ helping/running		Sun; 1hr 15 – 1hr 30 with sets of 1 – 2 – 4 mins steady efforts on 2 min jog
13.07.	GIS; Track session. 2 x 6 x 400m on 1 min jog recovery. Lap jog between sets		Sat; 6 miles incl 10 x 1’ on 1’ jr or rest/easy 3miles for those running Coastal Run
15.07.	8 miles steady – Long acre wood; tracks behind Kibblesworth, descend back through Kibblesworth, Lamesley; TVTE; Club		Sun; 1hr 30 long run or Costal Run
20.07.	TVTE; 8 x 1 lap Swaddlers on 1.5min jog – easy 3 – 4 miles for those running Sunderland 5K		Sat; easy run or rest
22.07.	Easy 10 miles – Beggars Wood, Watergate Park, Washingwell Woods		Sun; 1hr 30 min with middle 40 mins tempo run
27.07.	Easy 7; recovery week		Sat; Rest or 6 miles fartlek
29.07.	45min - 1 hr easy run; Leam Lane; Felling; Durham Rd		Sun; 1hr 30 min LSD
03.08.	Saltwell Park; 1’ efforts (~300m) x 14 on 50sec jog recovery		Sat; Track or Park session pyramid (1, 2, 3, 4, 4, 3, 2, 1 laps

		or equivalent) all on 100m jog
05.08.	10 miles – Long acre; Kibblesworth; Tanfield; Silverhills	Sun; 1hr – 1hr 30 LSD
10.08.	Track session; GIS 8 x 600m on 1.5min jog (200m)	Sat; Lamesley – 3x(~half mile + 2 x 400m) all on 1 min jog rec
12.08.	8 miles easy; Wrekenton Trig point, Cross Leam, Springwell Village, back down lines and through long acre	Sun; 1 hr 45 min long run – steady middle 40mins
17.08.	Wrekenton playing/football fields; 16 x 1' efforts on 1' jog recovery or easy run / ½ session if did Robin Hood MT race, 16.08	Sat; Track session; 3x(4x 200m on 100m jog) lap jog between sets
19.08.	Barley Mow loop ~ 9-10 miles	Sun; 1hr 40 mins
24.08.	8 miles easy with middle 3 miles tempo on TVTE	Sat; Watergate Park; 2x(5x1min along Lakeside + 3 x 1 min hill climb) 40sec jr for efforts, jog back for hills
26.08.	6 – 8 miles easy run- Watergate – marshalling points for Watergate 5K	Sun; 1 hr 40 mins long run final 40 mins tempo run
31.08.	Track session; GIS 8 x 400m on 1 min jog recovery	Sat; easy 3 miles
02.09	Easy 6- 7 miles; Riverside, Dunston	Sun; Tynedale 10
07.09.	Easy 8 miles; Long Acre and Kibblesworth tracks post Tynedale	Sat; Track session; 8 x 800m on 40sec jog recovery (around 5K pace)
09.09.	8 miles; Birtley, Eighton Banks loop. Include 2,4,6 - 70 sec effort on 50 sec jog; 2 mins between sets	Sun; 1hr 20' slow run
14.09.	Saltwell Park 10 x 1' easy strides on 1' jog	Sat; 3 miles jog
16.09	6 miles easy TVTE, Dunston, Festival Park and back	Sun; GNR
21.09.	Easy 6 recovery run GNR	Sat; Track session; 4 x ¾ mile at 5K pace (or slightly quicker) on 1 lap brisk jog recovery
23.09.	10miles easy Beggars Wood, Watergate Park, Washingwell Woods	Sun; 1 hr 30mins slow

Some of the options for Saturdays (Watergate, GIS, Saltwell Park, Chopwell Woods, Track) are negotiable. We can make decisions during preceding week in each case. Sessions will start fairly early i.e. around 0900 / 0930.

Cheers

John S.