



January	07/01/20 Tues	09/01/20 Thurs	14/01/20 Tues	16/01/20 Thurs	21/01/20 Tues	23/01/20 Thurs	28/01/20 Tues	30/01/20 Thurs	04/02/20 Tues	06/02/20 Thurs	11/02/20 Tues	13/02/20 Thurs
<b>GROUP A</b> <i>With</i> Ray warm up 6 mile fartlek cool down dist 8 miles (34-41 minute 10k) <i>session</i>	Ray warm up 6 mile fartlek cool down dist 8 miles	Mick Hilly course- see route on messenger	Paul Thunder lane beast 2.5 Mile W/U 6 Thunder Lane, Hillside Ave loops, 2.5 Mile W/D	Mick 2 X 3 MINS, 4 X 5 MINS, 2 X3 MINS, 2 MINS REC BETWEEN ALL	Ray 10 min warm up 5 mile up tempo 10 min cool down	MICK With Reedham 10mls in mind. 8x2mins last 15 mins picking up pace for strong	Paul Mile Efforts (New loop) 4 x 1 mile =hard - hard new loop including a hill	Mick 2 X 10 MINS,3 MINS REC, 4 X 5 MINS, 1 MIN REC, 2 X 10 MINS 3 MINS REC	Ray warm up 8 x 1k loop cool down 90 sec rec	Mick 6X LONG HILL REPS	Paul 6 x 1K old club loop	Mick VALENTINE 10K IN MIND 3 X DOWN 3 X UP ST WILLIAMS
<b>GROUP B</b> <i>With</i> Alan, Jess,Aston Road 5 x 1k - Times recorded (41-49 MIN. 10K) <i>On</i> session	Alan, Jess,Aston Road 5 x 1k - Times recorded	Group based pacing using route published on website-8	Rachel Mark B, Chris B Field Pyramid 1 2 3 4 3 2 1	Group based pacing using route published on website- 4	Nick G, Liam H, Aston Road 4 times ( 2 mins out and 2 mins back )	Group based pacing using route published on website- 11	Glyn, Victoria U, Steph Field Relays 200 metres/400 metres	Group based pacing using route published on website- 12	Julz, Jo K, John H Road Hills up session	Group based pacing using route published on website-chip shop	Jess, Jonathan C, Gary C Field 400 metres times 8 ( record times)	Group based pacing using route published on website-13
<b>GROUP C</b> <i>With</i> Loren, Rob, Tony, Anne, Paul, Nicky Field 10 min WU 10 mins Power Drills 30 mins Speed & Power - mixture of short efforts (up to 100m), longer efforts (up to 400m) and leg strength exercises. 10 min CD 50+MIN. 10K <i>On</i> session	Loren, Rob, Tony, Anne, Paul, Nicky Field 10 min WU 10 mins Power Drills 30 mins Speed & Power - mixture of short efforts (up to 100m), longer efforts (up to 400m) and leg strength exercises. 10 min CD	Group based pacing using route published on website-8	Loren, Rob, Tony, Anne, Paul, Nicky Road 10 min WU 10-15 mins Hill Specific Drills 25-30 mins Cresting Hill Efforts 10 min CD	Group based pacing using route published on website- 4	Loren, Rob, Tony, Anne, Paul, Nicky Field 10 min WU 40 mins - 800m endurance efforts 10 min CD	Group based pacing using route published on website- 11	Loren, Rob, Tony, Anne, Paul, Nicky Field 15-20 min WU 1,2,3,4,3,2,1 Pyramid, recoveries TBA on night 10 min CD	Group based pacing using route published on website- 12	Loren, Rob, Tony, Anne, Paul, Nicky Field 10 min WU 10 mins Speed Drills 30 mins Speed & Power - mixture of short efforts (up to 100m), longer efforts (up to 400m) and leg strength exercises. 10 min CD	Group based pacing using route published on website- chipshop	Loren, Rob, Tony, Anne, Paul, Nicky Field 10 min WU 35 mins - YASSO 800's 15 min CD	Group based pacing using route published on website-13