

Rough Training Schedule September – December 2011.

N.B. Always listen to your body. Never push too far past your limits. If feeling tired/run-down, take it easier than normal or take a few days off running.

<u>Sept 2nd</u> 6 x 3 mins, 2 mins recovery	<u>Sept 30th</u> Pyramid 1, 2, 3, 4,5, 4, 3, 2, 1 - 1 min recovery between each effort - 2 mins recovery after the 4 & 5 min efforts!	<u>Oct 28th</u> 8 x 90 sec, 1 mins recovery 4 x 45 sec, 45 sec recovery	<u>Nov 25th</u> 6 x 3 mins, 1 min recovery 4 x 1 min, 1 min recovery
<u>Sept 9th</u> Hill Session	<u>Oct 7th</u> 3-4 x 6 mins, 2 mins recovery	<u>Nov 4th</u> 2 x 2 mins, 1 mins recovery 2 x 4 mins, 2 mins recovery 2 x 6 mins, 2 mins recovery 2 x 2 mins, 1 mins recovery	<u>Dec 2nd</u> Mile time trials (1 mile – 1 mile - 2 mile – 1 mile)
<u>Sept 16th</u> TRACEY ON BREAK!!!	<u>Oct 14th</u> Fartlec Run (break into groups of Similar ability)	<u>Nov 11th</u> Hill Session	<u>Dec 9th</u> 16 x 45 sec, 1 min recovery
<u>Sept 23rd</u> TRACEY ON BREAK!!	<u>Oct 21st</u> Mile time trials (1 mile – 1 mile - 2 mile – 1 mile)	<u>Nov 18th</u> Fartlec Run (break into groups of Similar ability)	<u>Dec 16th</u> Choice!! 1) Fartlec run or 2) Pyramid! + Xmas Social Night Out???

NOTES:

[Warmup & Cooldown applies to all sessions but is not explicitly written above]

Friday-evening group training should be supplemented with at least 2-3 other runs during the week.

If aiming to complete \geq half marathon distance, your weekend long run should GRADUALLY increase in length.