

Winter Training Framework 2018/19

| TUES | GROUP | SESSION | LOCATION | DETAIL | THURS | SESSION | LOCATION | DETAIL |
|-----------|-------|-----------------|-------------------------|---|-----------------|-----------------|------------------------------------|---|
| 18-Sep-18 | A | Short Intervals | Dark Lane | 10*400m | 20-Sep-18 | Long Hills | Burwardsley Figure of 8 | 2*Burwardsley Figure of 8 |
| | B | Short Intervals | Park | 400m * 4-6 in pairs | | Short Hills | Grit Bins | 5* Dip to Grit Bin |
| 25-Sep-18 | A | Short Hills | Elephant Tracks Cottage | 4*Elephant Tracks Cottage Loop | 27-Sep-18 | Long Fartlek | * | 2 - 4min efforts |
| | B | Long Hills | Bolesworth Hill Road | BRoad to top, lodge to top*2 | | Long Intervals | Back Lane Triangle | 1*Back Lane, 1*Wood Lane |
| 2-Oct-18 | A | Time Trial | Covert Rise | 1 mile TT | 4-Oct-18 | Long Intervals | Back Lane Triangle | 2*Back Lane, 1*Wood Lane |
| | B | | | | Short Intervals | Dark Lane | 1, 2, 3, 2, 1 Sides of DL Triangle | |
| 9-Oct-18 | A | Short Fartlek | * | 30 sec - 2 min efforts | 11-Oct-18 | Long Steady Run | * | 8-10 miles easy |
| | B | Short Hills | Grit Bins | 3 * Dip to Junction, 3* Dip to Grit Bin, 2 * Combined | | Long Fartlek | * | 1 Minute efforts |
| 16-Oct-18 | A | Short Intervals | Dark Lane | 12*400m | 18-Oct-18 | Long Hills | Harthill | 3*Harthill |
| | B | Long Intervals | Back Lane Triangle | 1*Back Lane, 1*Wood Lane | | Long Steady Run | * | 6-7 miles |
| 23-Oct-18 | A | Short Hills | Grit Bins | BL route with 3*3 Grit Bin Reps | 25-Oct-18 | Long Fartlek | * | 2 - 4min efforts |
| | B | Short Fartlek | * | 30 second efforts | | Long Hills | Harthill | 2*Harthill |
| 30-Oct-18 | A | Short Intervals | Park | 2*400m, 4*800m, 2*400m | 1-Nov-18 | Long Intervals | Carrs Lane | 5*1km |
| | B | Long Slow Run | BL Route | 6 miles | | Short Fartlek | * | 30 secs effort |
| 6-Nov-18 | A | Short Fartlek | * | 30 sec - 2 min efforts | 8-Nov-18 | Long Steady Run | * | 8-10 miles easy |
| | B | Short Hills | Post Office Loops | Post Office Loop (Burwardsley)*3 | | Long Intervals | Back Lane Triangle | 1*Back Lane, 1*Wood Lane |
| 13-Nov-18 | A | Short Intervals | Covert Rise | 1,2,3,2,1 circuits Covert Rise | 15-Nov-18 | Long Hills | Bolesworth Hill Road | BRoad to top, lodge to top*2 |
| | B | Long Fartlek | * | 1 minute efforts | | Short Hills | Grit Bins | 3 * Dip to Junction, 3 * Dip to Grit Bin, 2* Combined |
| 20-Nov-18 | A | Short Hills | Post Office Loops | Post Office Loop (Burwardsley)*5 | 22-Nov-18 | Long Fartlek | * | 2 - 4min efforts |
| | B | Short Intervals | Park | 400m * 4-6 in pairs | | Long Hills | Bolesworth Hill Road | Lodge to top * 3 |
| 27-Nov-18 | A | Time Trial | Covert Rise | 1 mile TT | 29-Nov-18 | Long Intervals | Harthill Triangle | 3*Triangle |
| | B | | | | Long Steady Run | * | 6-7 miles | |
| 4-Dec-18 | A | Short Fartlek | * | 30 sec - 2 min efforts | 6-Dec-18 | Long Steady Run | * | 8-10 miles easy |
| | B | Long Hills | Harthill | 2*Harthill | | Short Intervals | Park | 400m 4-6 in pairs |
| 11-Dec-18 | A | Short Intervals | Park | 7*800m | 13-Dec-18 | Long Hills | Burwardsley Figure of 8 | 2*Burwardsley Figure of 8 |
| | B | Long Slow Run | BL Route | 6 miles | | Long Intervals | Back Lane Triangle | 1*Back Lane, 1*Wood Lane |
| 18-Dec-18 | A | FREE SESSION | * | * | 20-Dec-18 | FREE SESSION | * | * |
| | B | FREE SESSION | * | * | | FREE SESSION | * | * |
| 25-Dec-18 | A | NO SESSION | | | 27-Dec-18 | NO SESSION | | |
| | B | NO SESSION | | | | NO SESSION | | |
| 1-Jan-19 | A | NO SESSION | | | 3-Jan-19 | Long Fartlek | * | 2 - 4min efforts |
| | B | NO SESSION | | | | Long Intervals | Carrs Lane | 3-4*1km |
| 8-Jan-19 | A | Short Hills | Elephant Tracks Cottage | 5*Elephant Tracks Cottage Loop | 10-Jan-19 | Long Intervals | Carrs Lane | 6*1km |
| | B | Short Intervals | Dark Lane | 4-6*400m | | Short Hills | Burwardsely | Post Office Loops * 3 |
| 15-Jan-19 | A | Short Intervals | Covert Rise | 750m*1, 500m*4, 250m*8 | 17-Jan-19 | Long Steady Run | * | 8-10 miles easy |
| | B | Long Hills | Bolesworth Hill Road | BRoad to top, lodge to top*1 | | Short Intervals | Covert Rise | 1, 2, 3, 2, 1 Sides of Covert Rise |
| 22-Jan-19 | A | Short Fartlek | * | 30 sec - 2 min efforts | 24-Jan-19 | Long Hills | Harthill | 4*Harthill |
| | B | Short Hills | Grit Bins | 3 * Dip to Junction, 3* Dip to Grit Bin, 3 * Combined | | Long Fartlek | * | 1 minute efforts |
| 29-Jan-19 | A | Short Intervals | Dark Lane | 1,2,3,3,2,1 sides of DL Triangle | 31-Jan-19 | Long Fartlek | * | 2 - 4min efforts |

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|-----------|---|-----------------|-------------------------|----------------------------------|-----------|-----------------|----------------------|---------------------------------|
| | B | Long Intervals | Carrs Lane | 3-4*1km | | Long Steady Run | * | 6-7 miles |
| 5-Feb-19 | A | Short Hills | Grit Bins | BL route with 3*4 Grit Bin Reps | 7-Feb-19 | Long Intervals | Back Lane Triangle | 2*Back Lane, 2*Wood Lane |
| | B | Short Fartlek | * | 30 second efforts | | Short Hills | Grit Bins | Dip to Grit Bin * 6 |
| 12-Feb-19 | A | Time Trial | Covert Rise | 1 mile TT | 14-Feb-19 | Long Steady Run | * | 8-10 miles easy |
| | B | | | | | Long Intervals | Back Lane Triangle | 1*Back Lane, 1*Wood Lane |
| 19-Feb-19 | A | Short Fartlek | * | 30 sec - 2 min efforts | 21-Feb-19 | Long Hills | Bolesworth Hill Road | BRoad to top, lodge to top*3 |
| | B | Long Hills | Burwardsley Figure of 8 | 1*Burwardsley Figure of 8 | | Short Fartlek | * | 30 secs effort |
| 26-Feb-19 | A | Short Intervals | Covert Rise | 12*500m | 28-Feb-19 | Long Fartlek | * | 2 - 4min efforts |
| | B | Long Slow Run | BL Route | 6 miles | | Short Intervals | Dark Lane | 1,2,3,2,1 Dark Lane Triangle |
| 5-Mar-19 | A | Short Hills | Post Office Loops | Post Office Loop (Burwardsley)*6 | 7-Mar-19 | Long Intervals | Harthill Triangle | 4*Triangle |
| | B | Long Intervals | Back Lane Triangle | 1*Back Lane, 1*Wood Lane | | Long Hills | Bolesworth Hill Road | B Road to top, lodge to top * 2 |
| 12-Mar-19 | A | Relay Race | * | * | 14-Mar-19 | Long Steady Run | * | 8-10 miles easy |
| | B | | | | | Short Hills | Burwardsley | Post Office Loops * 3 |
| 19-Mar-19 | A | FREE SESSION | | | 21-Mar-19 | FREE SESSION | | |
| | B | FREE SESSION | | | | FREE SESSION | | |
| 26-Mar-19 | A | FREE SESSION | | | 28-Mar-19 | FREE SESSION | | |
| | B | FREE SESSION | | | | FREE SESSION | | |