

Winter Training Framework 2017/18

TUES	GROUP	SESSION	LOCATION	DETAIL	THURS	SESSION	LOCATION	DETAIL
9/26/2017	A	Short Intervals	Dark Lane	10*400m	9/28/2017	Long Hills	Burwardsley Figure of 8	2*Burwardsley Figure of 8
	B	Short Intervals	Park	400m * 4-6 in pairs				
10/3/2017	A	Short Hills	Elephant Tracks Cottage	4*Elephant Tracks Cottage Loop	10/5/2017	Long Fartlek	*	2 - 4min efforts
	B	Long Hills	Bolesworth Hill Road	BRoad to top, lodge to top*1				
10/10/2017	A	Time Trial	Covert Rise	1 mile TT	10/12/2017	Long Intervals	Back Lane Triangle	2*Back Lane, 1*Wood Lane
	B							
10/17/2017	A	Short Fartlek	*	30 sec - 2 min efforts	10/19/2017	Long Steady Run	*	8-10 miles easy
	B	Short Hills	Grit Bins	3 * Dip to Junction, 3* Dip to Grit Bin, 2 * Combined				
10/24/2017	A	Short Intervals	Dark Lane	12*400m	10/26/2017	Long Hills	Harthill	3*Harthill
	B	Long Intervals	Back Lane Triangle	1*Back Lane, 1*Wood Lane				
10/31/2017	A	Short Hills	Grit Bins	BL route with 3*3 Grit Bin Reps	11/2/2017	Long Fartlek	*	2 - 4min efforts
	B	Short Fartlek	*	30 second efforts				
11/7/2017	A	Short Intervals	Park	2*400m, 4*800m, 2*400m	11/9/2017	Long Intervals	Carrs Lane	5*1km
	B	Long Slow Run	BL Route	6 miles				
11/14/2017	A	Short Fartlek	*	30 sec - 2 min efforts	11/16/2017	Long Steady Run	*	8-10 miles easy
	B	Short Hills	Post Office Loops	Post Office Loop (Burwardsley)*3				
11/21/2017	A	Short Intervals	Covert Rise	1,2,3,2,1 circuits Covert Rise	11/23/2017	Long Hills	Bolesworth Hill Road	BRoad to top, lodge to top*2
	B	Long Fartlek	*	1 minute efforts				

11/28/2017	A	Short Hills	Post Office Loops	Post Office Loop (Burwardsley)*5	11/30/2017	Long Fartlek	*	2 - 4min efforts
	B	Short Intervals	Park	400m * 4-6 in pairs				
12/5/2017	A	Time Trial	Covert Rise	1 mile TT	12/7/2017	Long Intervals	Harthill Triangle	3*Triangle
	B							
12/12/2017	A	Short Fartlek	*	30 sec - 2 min efforts	12/14/2017	Long Steady Run	*	8-10 miles easy
	B	Long Hills	Harthill	2*Harthill				
12/19/2017	A	Short Intervals	Park	7*800m	12/21/2017	Long Hills	Burwardsley Figure of 8	2*Burwardsley Figure of 8
	B	Long Slow Run	BL Route	6 miles				
12/26/2017	A	FREE SESSION	*	*	12/28/2017	FREE SESSION	*	*
	B	FREE SESSION	*	*				
1/2/2018	A	Short Hills	Elephant Tracks Cottage	5*Elephant Tracks Cottage Loop	1/4/2018	Long Fartlek	*	2 - 4min efforts
	B	Short Intervals	Dark Lane	4-6*400m				
1/9/2018	A	Short Intervals	Covert Rise	750m*1, 500m*4, 250m*8	1/11/2018	Long Intervals	Carrs Lane	6*1km
	B	Long Hills	Bolesworth Hill Road	BRoad to top, lodge to top*1				
1/16/2018	A	Short Fartlek	*	30 sec - 2 min efforts	1/18/2018	Long Steady Run	*	8-10 miles easy
	B	Short Hills	Grit Bins	3 * Dip to Junction, 3* Dip to Grit Bin, 3 * Combined				
1/23/2018	A	Short Intervals	Dark Lane	1,2,3,3,2,1 sides of DL Triangle	1/25/2018	Long Hills	Harthill	4*Harthill
	B	Long Intervals	Carrs Lane	3-4*1km				
1/30/2018	A	Short Hills	Grit Bins	BL route with 3*4 Grit Bin Reps	2/1/2018	Long Fartlek	*	2 - 4min efforts
	B	Short Fartlek	*	30 second efforts				

2/6/2018	A	Time Trial	Covert Rise	1 mile TT	2/8/2018	Long Intervals	Back Lane Triangle	2*Back Lane, 2*Wood Lane
	B							
2/13/2018	A	Short Fartlek	*	30 sec - 2 min efforts	2/15/2018	Long Steady Run	*	8-10 miles easy
	B	Long Hills	Burwardsley Figure of 8	1*Burwardsley Figure of 8				
2/20/2018	A	Short Intervals	Covert Rise	12*500m	2/22/2018	Long Hills	Bolesworth Hill Road	BRoad to top, lodge to top*3
	B	Long Slow Run	BL Route	6 miles				
2/27/2018	A	Short Hills	Post Office Loops	Post Office Loop (Burwardsley)*6	3/1/2018	Long Fartlek	*	2 - 4min efforts
	B	Long Intervals	Back Lane Triangle	1*Back Lane, 1*Wood Lane				
3/6/2018	A	Relay Race	*	*	3/8/2018	Long Intervals	Harthill Triangle	4*Triangle
	B							
3/13/2018	A	Short Fartlek	*	30 sec - 2 min efforts	3/15/2018	Long Steady Run	*	8-10 miles easy
	B	Short Intervals	Dark Lane	1,2,3,2,1 sides of DL Triangle				
3/20/2018	A	Short Intervals	Park	2*400m, 6*800m, 2*400m	3/22/2018	Long Hills	Burwardsley Figure of 8	3*Burwardsley Figure of 8
	B	Short Hills	Elephant Tracks Cottage	2-3*Elephant Tracks Cottage Loop				