

Winter Training Framework 2019/20

TUES	GROUP	SESSION	LOCATION	DETAIL	THURS	SESSION	LOCATION	DETAIL
9/10/2019	A	Short Intervals	Dark Lane	10*400m	9/12/2018	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
9/17/2019	A	Short Hills	Elephant Tracks Cottage	4*Elephant Tracks Cottage Loop	9/19/2018	Long Fartlek	*	2 - 4min efforts
	B	Long Hills	Bolesworth Hill Road	BRoad to top, lodge to top*3		Long Intervals	Back Lane Triangle	1*Back Lane, 1*Wood Lane
9/24/2019	A	Time Trial	Covert Rise	1 mile TT	9/26/2018	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	
10/1/2019	A	Short Fartlek	*	30 sec - 2 min efforts	10/3/2018	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
10/8/2019	A	Short Intervals	Dark Lane	12*400m	10/10/2018	Long Hills	Harthill	3*Harthill
	B	Long Intervals	Back Lane Triangle	1*Back Lane, 1*Wood Lane		Long Steady Run	*	6-7 miles
10/15/2019	A	Short Hills	Grit Bins	BL route with 3*3 Grit Bin Reps	10/17/2018	Long Fartlek	*	2 - 4min efforts
	B	Short Fartlek	*	30 second efforts		Long Hills	Hartill	2*Harthill
10/22/2019	A	Short Intervals	Park	2*400m, 4*800m, 2*400m	10/24/2018	Long Intervals	Carrs Lane	5*1km
	B	Long Slow Run	BL Route	6 miles		Short Fartlek	*	30 secs effort
10/29/2019	A	Short Fartlek	*	30 sec - 2 min efforts	10/31/2018	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
11/5/2019	A	Short Intervals	Covert Rise	1,2,3,2,1 circuits Covert Rise	11/7/2018	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
11/12/2019	A	Short Hills	Post Office Loops	Post Office Loop (Burwardsley)*5	11/14/2018	Long Fartlek	*	2 - 4min efforts
	B	Short Intervals	Dark Lane	1,2,3,2,1 sides of DL Triangle		Long Hills	Bolesworth Hill Road	Lodge to top * 3
11/19/2019	A	Short Fartlek	*	30 sec - 2 min efforts	11/21/2018	Long Intervals	Harthill Triangle	3*Triangle
	B	Long Hills	Harthill	2*Harthill		Long Steady Run	*	6-7 miles
11/26/2019	A	Short Intervals	Park	7*800m	11/28/2018	Long Steady Run	*	8-10 miles easy
	B	Long Slow Run	Route TBD	6 miles		Short Intervals	Park	400m 4-6 in pairs
12/3/2019	A	Short Hills	Elephant Tracks Cottage	5*Elephant Tracks Cottage Loop	12/5/2018	Long Hills	Burwardsley Figure of 8	2*Burwardsley Figure of 8
	B	Long Hills	Bolesworth Hill Road	BRoad to top, lodge to top*3		Long Intervals	Carrs Lane	3-4*1km
12/10/2019	A	Short Intervals	Covert Rise	750m*1, 500m*4, 250m*8	12/12/2018	Long Fartlek	*	2 - 4min efforts
	B	Short Intervals	Park	400m * 4-6 in pairs		Long Hills	Burwardsley Figure of 8	1-2*Burwardsley Figure of 8
12/17/2019	A	FREE SESSION	*	*	12/19/2018	FREE SESSION		
	B	FREE SESSION	*	*		FREE SESSION		
12/24/2019	A	NO SESSION			12/26/2018	NO SESSION		
	B	NO SESSION				NO SESSION		
12/31/2019	A	NO SESSION			1/2/2019	Long Intervals	Carrs Lane	6*1km
	B	NO SESSION				Short Hills	Burwardsely	Post Office Loops * 3
1/7/2020	A	Short Fartlek	*	30 sec - 2 min efforts	1/9/2019	Long Steady Run	*	8-10 miles easy
	B	Short Hills	Grit Bins	3 * Dip to Junction, 3* Dip to Grit Bin, 3 * Combined		Short Intervals	Covert Rise	1, 2, 3, 2, 1 Sides of Covert Rise
1/14/2020	A	Short Intervals	Dark Lane	1,2,3,3,2,1 sides of DL Triangle	1/16/2019	Long Hills	Harthill	4*Harthill
	B	Long Intervals	Carrs Lane	3-4*1km		Long Fartlek	*	1 minute efforts
1/21/2020	A	Short Hills	Grit Bins	BL route with 3*4 Grit Bin Reps	1/23/2019	Long Fartlek	*	2 - 4min efforts

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	B	Short Fartlek	*	30 second efforts		Long Steady Run	*	6-7 miles
1/28/2020	A	Short Fartlek	*	30 sec - 2 min efforts	1/30/2019	Long Intervals	Back Lane Triangle	2*Back Lane, 2*Wood Lane
	B	Long Hills	Burwardsley Figure of 8	1*Burwardsley Figure of 8		Short Hills	Grit Bins	Dip to Grit Bin * 6
2/4/2020	A	Short Intervals	Covert Rise	12*500m	2/6/2019	Long Steady Run	*	8-10 miles easy
	B	Long Slow Run	BL Route	6 miles		Long Intervals	Back Lane Triangle	1*Back Lane, 1*Wood Lane
2/11/2020	A	Short Hills	Post Office Loops	Post Office Loop (Burwardsley)*6	2/13/2019	Long Hills	Bolesworth Hill Road	BRoad to top, lodge to top*3
	B	Long Intervals	Back Lane Triangle	1*Back Lane, 1*Wood Lane		Short Fartlek	*	30 secs effort
2/18/2020	A	Short Fartlek	*	30 sec - 2 min efforts	2/20/2019	Long Fartlek	*	2 - 4min efforts
	B	Short Hills	Elephant Tracks Cottage	3*Elephant Tracks Cottage Loop		Short Intervals	Dark Lane	1,2,3,2,1 Dark Lane Triangle
2/25/2020	A	Time Trial	Covert Rise	1 mile TT	2/27/2019	Long Intervals	Harthill Triangle	4*Triangle
	B					Long Hills	Bolesworth Hill Road	B Road to top, lodge to top * 2
3/3/2020	A	Short Hills	Elephant Tracks Cottage	5*Elephant Tracks Cottage Loop	3/5/2019	Long Steady Run	*	8-10 miles easy
	B	Long Intervals	Carrs Lane	3-4*1km		Short Hills	Burwardsley	Post Office Loops * 3
3/10/2020	A	FREE SESSION			3/12/2019	FREE SESSION		
	B	FREE SESSION				FREE SESSION		
3/17/2020	A	FREE SESSION			3/19/2019	FREE SESSION		
	B	FREE SESSION				FREE SESSION		
3/24/2020	A	FREE SESSION			3/26/2019	FREE SESSION		
	B	FREE SESSION				FREE SESSION		