

Winter Training Framework 2022/23

TUES 6.30pm	GROUP	SESSION	LOCATION	DETAIL	Leader	THURS 7.00pm	Group	SESSION	LOCATION	DETAIL	Leader
20/9/2022	A	FREE SESSION			Nick	22/9/2022	A	Long Fartlek	*	2 - 4min efforts	Alli
	B	FREE SESSION			Alex		B/C	Short Intervals	Park	400m * 4-6 in pairs	
	C	FREE SESSION			Sharon						
27/9/2022	A	Short Hills	Elephant Tracks Cottage	4*Elephant Tracks Cottage Loop	Simon	29/9/2022	A	Long Intervals	Back Lane Triangle	2*Back Lane, 1*Wood Lane	Rob C
	B	Long Hills	Bolesworth Hill Road	BRoad to top, lodge to top*3-4			B/C	Short Intervals	Park	400m * 4-6 in pairs	Mel
	C	Short Hills	Grit Bins	Grit Bin Reps	Sharon						
4/10/2022	A	Short Intervals	Dark Lane	10*400m	James	6/10/2022	A	Long Steady Run	*	8-10 miles easy	Rob A
	B	Short Hills	Grit Bins	3 * Dip to Junction, 3* Dip to Grit Bin, 2 * Combined	Alex		B/C	Long Fartlek	*	1 minute efforts	
	C	Short Intervals	Dark Lane	1,2,3 sides of DL Triangle	Grace						
11/10/2022	A	Short Fartlek	*	30 sec - 2 min efforts	Nick	13/10/2022	A	Long Hills	Harthill	3*Harthill	Alli
	B	Short Intervals	Ford Farm	3*3*3	Mel		B/C	Long Steady Run	TBD	Approx 5 miles	Alex
	C	LSR	Ice-Cream Farm Route	Approx 4 miles	Sharon						
18/10/2022	A	Short Intervals	Dark Lane	12*400m	Simon	20/10/2022	A	Long Fartlek	*	2 - 4min efforts	Rob C
	B	Long Intervals	Back Lane Triangle	1*Back Lane, 1*Wood Lane	Paul		B/C	Long intervals	Ford farm	Intervals	
	C	Short Intervals	Ford Farm	3*3*2	Sharon						
25/10/2022	A	Short Hills	Grit Bins	BL route with 3*3 Grit Bin Reps	James	27/10/2022	A	Long Intervals	Carrs Lane	5*1km	Rob A
	B	Short Fartlek	*	30 second efforts	Alex		B/C	Short Hills	Grit Bins	3 * Dip to Junction, 3 * Dip to Grit Bin, 2* Combined	Sharon
	C	Long Hills	Bolesworth Hill Road	BRoad to top, lodge to top*2	Grace						
1/11/2022	A	Short Intervals	Park	2*400m, 4*800m, 2*400m	Nick	3/11/2022	A	Long Steady Run	*	8-10 miles easy	Alli
	B	Long Slow Run	BL Route	6 miles	Mel		B/C	Long Intervals	Back Lane Triangle	1*Back Lane, 1*Wood Lane	Alex
	C	Short Hills	Post Office Loops	Post Office Loop (Burwardsley)*1-2	Sharon						
8/11/2022	A	Short Fartlek	*	30 sec - 2 min efforts	Simon	10/11/2022	A	Long Hills	Bolesworth Hill Road	BRoad to top, lodge to top*3	Rob C
	B	Short Intervals	Dark Lane	1,2,3,2,1 sides of DL Triangle	Paul		B/C	LSR	*	5 miles	Mel
	C	Short Intervals	Park	400m * 4 in pairs	Sharon						
15/11/2022	A	Short Intervals	Covert Rise	1,2,3,2,1 circuits Covert Rise	James	17/11/2022	A	Long Fartlek	*	2 - 4min efforts	Rob A
	B	Short Hills	Post Office Loops	Post Office Loop (Burwardsley)*3	Mel		B/C	Short Intervals	Covert Rise	1,2,3,2,1 Circuits Covert Rise	Sharon
	C	Long Intervals	Back Lane Triangle	1*Back Lane, 1*Wood Lane	Grace						
22/11/2022	A	Short Hills	Post Office Loops	Post Office Loop (Burwardsley)*5	Nick	24/11/2022	A	Long Intervals	Harthill Triangle	3*Triangle	Alli
	B	Long Hills	Harthill	3*Harthill	Alex		B/C	Long Hills	Bolesworth Hill Road	Lodge to top * 3	

	C	Short Fartlek	*	30 sec efforts	Sharon						
29/11/2022	A	Short Fartlek	*	30 sec - 2 min efforts	Simon	1/12/2022	A	Long Steady Run	*	8-10 miles easy	Rob C
	B	Long Intervals	Carrs Lane	2-3*1km	Paul		B/C	Short Hills	Burwardsley Post Office	1-3 loops	Alex
	C	Short Hills	Grit Bins	Grit Bin Reps	Sharon						
6/12/2022	A	Short Hills	Elephant Tracks Cottage	5*Elephant Tracks Cottage Loop	James	8/12/2022	A	Long Hills	Burwardsley Figure of 8	2*Burwardsley Figure of 8	Rob A
	B	Short Intervals	Park	400m * 4-6 in pairs	Alex		B/C	Long Intervals	Carrs Lane	3-4*1km	Sharon
	C	LSR	Xmas Handicap Route	Approx 4 miles	Grace						
13/12/2022	A	Short Intervals	Park	7*800m	Nick	15/12/2022	A	Long Fartlek	*	2 - 4min efforts	Alli
	B	Long Hills	Burwardsley Figure of 8	1-2*Burwardsley Figure of 8	Mel		B/C	Short Intervals	Park	400m 4-6 in pairs	Alex
	C	Long Intervals	Carrs Lane	1-2*1km	Sharon						
20/12/2022	A	Short Intervals	Covert Rise	750m*1, 500m*4, 250m*8	Simon	22/12/2022	A	FREE SESSION	*	*	Rob C
	B	Short Hills	Elephant Tracks Cottage	4*Elephant Tracks Cottage Loop	Paul		B/C	FREE SESSION	*	*	Mel
	C	Long Hills	Bolesworth Hill Road	BRoad to top, lodge to top*2	Sharon						
27/12/2022	A	NO SESSION	*	*		29/12/2022	A	NO SESSION			
	B	NO SESSION	*	*			B/C	NO SESSION			
	C	NO SESSION	*	*							
3/1/2023	A	Short Fartlek	*	30 sec - 2 min efforts	James	5/1/2023	A	Long Intervals	Carrs Lane	6*1km	Rob A
	B	Long Intervals	Back Lane Triangle	1*Back Lane, 1*Wood Lane	Mel		B/C	Long Steady Run	*	6 miles	Sharon
	C	Short Intervals	Dark Lane	1,2,3 sides of DL Triangle	Grace						
10/1/2023	A	Short Intervals	Dark Lane	1,2,3,3,2,1 sides of DL Triangle	Nick	12/1/2023	A	Long Steady Run	*	8-10 miles easy	Alli
	B	Long Fartlek	*	1 min efforts	Alex		B/C	Intervals	Ford Farm	3*3*3	
	C	Short Hills	Grit Bins	Grit Bin Reps	Sharon						
17/1/2023	A	Short Hills	Grit Bins	BL route with 3*4 Grit Bin Reps	Simon	19/1/2023	A	Long Hills	Harthill	4*Harthill	Rob C
	B	LSR	*	6 miles	Paul		B/C	Short Hills	Post Office Loops	Post Office Loops (Burwardsley)*3	Alex
	C	Long Intervals	Carrs Lane	1-2*1km	Sharon						
24/1/2023	A	Short Fartlek	*	30 sec - 2 min efforts	James	26/1/2023	A	Long Fartlek	*	2 - 4min efforts	Rob A
	B	Short Intervals	Park	2*400m, 1*800m, 2*400m	Mel		B/C	Long Intervals	Back Lane Triangle	1*Back Lane, 1*Wood Lane	Sharon
	C	LSR	Ice-Cream Farm Route	Approx 4 miles	Grace						
31/1/2023	A	Short Intervals	Covert Rise	12*500m	Nick	2/2/2023	A	Long Intervals	Back Lane Triangle	2*Back Lane, 2*Wood Lane	Alli
	B	Short Hills	Grit Bins	3*3 Grit bins	Alex		B/C	Short Fartlek	*	30 secs effort	Mel
	C	Long Hills	Bolesworth Hill Road	BRoad to top, lodge to top*2	Sharon						
7/2/2023	A	Short Hills	Post Office Loops	Post Office Loop (Burwardsley)*6	Simon	9/2/2023	A	Long Steady Run	*	8-10 miles easy	Rob C

	B	Long Hills	Harthill	3*Harthill	Paul		B/C	Short Intervals	Dark Lane	1,2,3,2,1 Dark Lane Triangle	Alex
	C	Long Fartlek	*	1 min efforts	Sharon						
14/2/2023	A	Short Fartlek	*	30 sec - 2 min efforts	James	16/2/2023	A	Long Hills	Bolesworth Hill Road	BRoad to top, lodge to top*3	Rob A
	B	Long Intervals	Carrs Lane	2-4*1km	Mel		B/C	Short Hills	Grit Bins	3*2-3	Sharon
	C	Short Hills	Post Office Loops	Post Office Loop (Burwardsley)*1-2	Grace						
21/2/2023	A	Short Hills	Elephant Tracks Cottage	5*Elephant Tracks Cottage Loop	Nick	23/2/2023	A	Long Fartlek	*	2 - 4min efforts	Alli
	B	Short Intervals	Dark Lane	1,2,3,3,2,1 sides of DL Triangle	Alex		B/C	Long Steady Run	*	5 miles	
	C	LSR	Xmas Handicap Route	Approx 4 miles	Sharon						
28/2/2023	A	Short Intervals	Covert Rise	1,2,3,2,1 circuits Covert Rise	Simon	2/3/2023	A	Long Intervals	Harthill Triangle	4*Triangle	Rob C
	B	Long Hills	Burwardsley Figure of 8	1-2*Burwardsley Figure of 8	Paul		B/C	Short Intervals	Covert Rise	1,2,3,2,1 Covert Rise	
	C	Short Intervals	Park	400m * 4 in pairs	Sharon						
7/3/2023	A	Short Hills	Grit Bins	BL route with 3*4 Grit Bin Reps	James	9/3/2023	A	Long Steady Run	*	8-10 miles easy	Rob A
	B	Short Intervals	Covert Rise	1,2,3,2,1 circuits Covert Rise	Mel		B/C	Long Hills	Bolesworth Hill Road	Lodge to top * 3	Sharon
	C	Long Intervals	Carrs Lane	1-2*1km	Grace						
14/3/2023	A	Short Fartlek	*	30 sec - 2 min efforts	Nick	16/3/2023	A	Long Hills	Harthill	4*Harthill	Alli
	B	Short Hills	Elephant Tracks Cottage	4*Elephant Tracks Cottage Loop	Alex		B/C	Long Intervals	Carrs Lane	3-4*1km	Mel
	C	Short Intervals	Covert Rise	1,2,3,2,1 circuits Covert Rise	Sharon						
21/3/2023	A	Short Intervals	Dark Lane	10*400m	Simon	23/3/2023	A	Long Fartlek	*	2 - 4min efforts	Rob C
	B	Short Intervals	Park	400m * 4-6 in pairs	Paul		B/C	LSR	*	5 miles	
	C	Long Intervals	Carrs Lane	1-2*1km	Sharon						
28/3/2023	A	Short Hills	Elephant Tracks Cottage	4*Elephant Tracks Cottage Loop	James	30/3/2023	A	FREE SESSION			Rob A
	B	Long Hills	Bolesworth Hill Road	BRoad to top, lodge to top*3-4	Mel		B/C	FREE SESSION			Sharon
	C	Short Hills	Grit Bins	Grit Bin Reps	Grace						
4/4/2023	A	FREE SESSION			Nick	6/4/2023	A	FREE SESSION			Alli
	B	FREE SESSION			Alex		B/C	FREE SESSION			
	C	FREE SESSION			Sharon						
11/4/2023	A	FREE SESSION			Simon	13/4/2023	A	FREE SESSION			Rob C
	B	FREE SESSION			Paul		B/C	FREE SESSION			