

Winter Training Framework 2023/24

| TUES | GROUP | SESSION | LOCATION | DETAIL | Leader | THURS | Group | SESSION | LOCATION | DETAIL | Leader |
|------------|-------|-----------------|-------------------------|---|--------|------------|-------|-----------------|----------------------|------------------------------|--------|
| 26/9/2023 | A | FREE SESSION | | | Simon | 28/9/2023 | A | Long Fartlek | * | 2 - 4min efforts | Rob A |
| | B | FREE SESSION | | | Paul | | | | | | |
| | C | FREE SESSION | | | Grace | | | | | | |
| 3/10/2023 | A | Short Intervals | Dark Lane | 10*400m | James | 5/10/2023 | A | Long Intervals | Back Lane Triangle | 2*Back Lane, 1*Wood Lane | Alli |
| | B | Long Hills | Bolesworth Hill Road | BRoad to top, lodge to top*3-4 | Neil | | | | | | |
| | C | Short Hills | Grit Bins | Grit Bin Reps | Grace | | | | | | |
| 10/10/2023 | A | Short Hills | Elephant Tracks Cottage | 4*Elephant Tracks Cottage Loop | Nick | 12/10/2023 | A | Long Steady Run | * | 8-10 miles easy | Rob C |
| | B | Short Hills | Grit Bins | 3 * Dip to Junction, 3* Dip to Grit Bin, 2 * Combined | Mel | | | | | | |
| | C | Short Intervals | Dark Lane | 1,2,3 sides of DL Triangle | Grace | | | | | | |
| 17/10/2023 | A | Short Fartlek | * | 30 sec - 2 min efforts | Simon | 19/10/2023 | A | Long Hills | Harthill | 3*Harthill | Rob A |
| | B | Short Intervals | Ford Farm | 3*3*3 | Paul | | | | | | |
| | C | LSR | Ice-Cream Farm Route | Approx 5-6 miles | Grace | | | | | | |
| 24/10/2023 | A | Short Intervals | Dark Lane | 12*400m | James | 26/10/2023 | A | Long Fartlek | * | 2 - 4min efforts | Alli |
| | B | Long Intervals | Back Lane Triangle | 1*Back Lane, 1*Wood Lane | Alex | | | | | | |
| | C | Short Intervals | Ford Farm | 3*3*2 | Neil | | | | | | |
| 31/10/2023 | A | Short Hills | Grit Bins | BL route with 3*3 Grit Bin Reps | Nick | 2/11/2023 | A | Long Intervals | Carrs Lane | 5*1km | Rob C |
| | B | Short Fartlek | * | 30 second efforts | Mel | | | | | | |
| | C | Long Hills | Bolesworth Hill Road | BRoad to top, lodge to top*2 | Grace | | | | | | |
| 7/11/2023 | A | | Sandstone Social | Off road | Simon | 9/11/2023 | A | Long Steady Run | * | 8-10 miles easy | Rob A |
| | B | | Sandstone Social | Off road | Paul | | | | | | |
| | C | | Sandstone Social | Off road | Grace | | | | | | |
| 14/11/2023 | A | Short Intervals | Park | 2*400m, 4*800m, 2*400m | James | 16/11/2023 | A | Long Hills | Bolesworth Hill Road | BRoad to top, lodge to top*3 | Alli |
| | B | Long Slow Run | BL Route | 6 miles | Neil | | | | | | |
| | C | Short Hills | Post Office Loops | Post Office Loop (Burwardsley)*1-2 | Alex | | | | | | |

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| 21/11/2023 | A | Join run | Covert Rise | Covert Rise Fun | Tom | 23/11/2023 | A | Long Fartlek | * | 2 - 4min efforts | Rob C |
| | B | Joint run | Covert Rise | Covert Rise Fun | Mel | | | | | | |
| | C | Joint run | Covert Rise | Covert Rise Fun | Grace | | | | | | |
| 28/11/2023 | A | Short Fartlek | * | 30 sec - 2 min efforts | Nick | 30/11/2023 | A | Long Intervals | Harthill Triangle | 3*Triangle | Rob A |
| | B | Short Hills | Post Office Loops | Post Office Loop (Burwardsley)*3 | Paul | | | | | | |
| | C | Long Intervals | Back Lane Triangle | 1*Back Lane, 1*Wood Lane | Grace | | | | | | |
| 5/12/2023 | A | Short Hills | Post Office Loops | Post Office Loop (Burwardsley)*5 | Simon | 7/12/2023 | A | Long Steady Run | * | 8-10 miles easy | Alli |
| | B | Long Hills | Harthill | 3*Harthill | Alex | | | | | | |
| | C | Short Fartlek | * | 30 sec efforts | Neil | | | | | | |
| 12/12/2023 | A | Short Fartlek | * | 30 sec - 2 min efforts | James | 14/12/2023 | A | Long Hills | Burwardsley Figure of 8 | 2*Burwardsley Figure of 8 | Rob C |
| | B | Long Intervals | Carrs Lane | 2-3*1km | Mel | | | | | | |
| | C | Short Hills | Grit Bins | Grit Bin Reps | Grace | | | | | | |
| 19/12/2023 | A | Short Hills | Elephant Tracks Cottage | 5*Elephant Tracks Cottage Loop | Nick | 21/12/2023 | A | Long Fartlek | * | 2 - 4min efforts | Rob A |
| | B | Short Intervals | Park | 400m * 4-6 in pairs | Paul | | | | | | |
| | C | Steady run | Xmas Handicap Route & Carrs Lane | Approx 5-6 miles | Grace | | | | | | |
| 26/12/2023 | A | NO SESSION | * | * | * | 28/12/2023 | A | NO SESSION | * | * | * |
| | B | NO SESSION | * | * | * | | | | | | |
| | C | NO SESSION | * | * | * | | | | | | |
| 2/1/2024 | A | Short Hills | Grit Bins | BL route with 3*3 Grit Bin Reps | Simon | 4/1/2024 | A | Long Intervals | Carrs Lane | 6*1km | Rob C |
| | B | Long Hills | Burwardsley Figure of 8 | 1-2*Burwardsley Figure of 8 | Neil | | | | | | |
| | C | Long Intervals | Carrs Lane | 1-2*1km | Alex | | | | | | |
| 9/1/2024 | A | Short Intervals | Covert Rise | 750m*1, 500m*4, 250m*8 | James | 11/1/2024 | A | Long Steady Run | * | 8-10 miles easy | Rob A |
| | B | Short Hills | Elephant Tracks Cottage | 4*Elephant Tracks Cottage Loop | Mel | | | | | | |
| | C | Long Hills | Bolesworth Hill Road | BRoad to top, lodge to top*2 | Grace | | | | | | |
| 16/1/2024 | A | Short Fartlek | * | 30 sec - 2 min efforts | Nick | 18/1/2024 | A | Long Hills | Harthill | 4*Harthill | Alli |

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|-----------|---|-----------------|----------------------------------|------------------------------------|-------|-----------|---|-----------------|----------------------|------------------------------|-------|
| | B | Long Intervals | Back Lane Triangle | 1*Back Lane, 1*Wood Lane | Paul | | | | | | |
| | C | Short Intervals | Dark Lane | 1,2,3 sides of DL Triangle | Grace | | | | | | |
| 23/1/2024 | A | Short Intervals | Dark Lane | 1,2,3,3,2,1 sides of DL Triangle | Simon | 25/1/2024 | A | Long Fartlek | * | 2 - 4min efforts | Rob C |
| | B | Long Fartlek | * | 1 min efforts | Alex | | | | | | |
| | C | Short Hills | Grit Bins | Grit Bin Reps | Neil | | | | | | |
| 30/1/2024 | A | Short Hills | Grit Bins | BL route with 3*4 Grit Bin Reps | James | 1/2/2024 | A | Long Intervals | Back Lane Triangle | 2*Back Lane, 2*Wood Lane | Rob A |
| | B | LSR | * | 6 miles | Mel | | | | | | |
| | C | Long Intervals | Carrs Lane | 1-2*1km | Grace | | | | | | |
| 6/2/2024 | A | Short Fartlek | * | 30 sec - 2 min efforts | Nick | 8/2/2024 | A | Long Steady Run | * | 8-10 miles easy | Alli |
| | B | Short Intervals | Park | 2*400m, 1*800m, 2*400m | Paul | | | | | | |
| | C | LSR | Ice-Cream Farm Route | Approx 5-6 miles | Grace | | | | | | |
| 13/2/2024 | A | Short Intervals | Covert Rise | 12*500m | Simon | 15/2/2024 | A | Long Hills | Bolesworth Hill Road | BRoad to top, lodge to top*3 | Rob C |
| | B | Short Hills | Grit Bins | 3*3 Grit bins | Neil | | | | | | |
| | C | Long Hills | Bolesworth Hill Road | BRoad to top, lodge to top*2 | Alex | | | | | | |
| 20/2/2024 | A | Short Hills | Post Office Loops | Post Office Loop (Burwardsley)*6 | James | 22/2/2024 | A | Long Fartlek | * | 2 - 4min efforts | Rob A |
| | B | Long Hills | Harthill | 3*Harthill | Mel | | | | | | |
| | C | Long Fartlek | * | 1 min efforts | Grace | | | | | | |
| 27/2/2024 | A | Short Fartlek | * | 30 sec - 2 min efforts | Nick | 29/2/2024 | A | Long Intervals | Harthill Triangle | 4*Triangle | Alli |
| | B | Long Intervals | Carrs Lane | 2-4*1km | Paul | | | | | | |
| | C | Short Hills | Post Office Loops | Post Office Loop (Burwardsley)*1-2 | Grace | | | | | | |
| 5/3/2024 | A | Short Hills | Elephant Tracks Cottage | 5*Elephant Tracks Cottage Loop | Simon | 7/3/2024 | A | Long Steady Run | * | 8-10 miles easy | Rob C |
| | B | Short Intervals | Dark Lane | 1,2,3,3,2,1 sides of DL Triangle | Alex | | | | | | |
| | C | LSR | Xmas Handicap Route & Carrs Lane | Approx 5-6 miles | Neil | | | | | | |
| 12/3/2024 | A | Join run | Covert Rise | Covert Rise Fun | Tom | 14/3/2024 | A | Long Hills | Harthill | 4*Harthill | Rob A |
| | B | Joint run | Covert Rise | Covert Rise Fun | Mel | | | | | | |

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|-----------|---|-----------------|-------------------------|---------------------------------|-------|-----------|---|-----------------|--------------------|--------------------------|-------|
| | C | Joint run | Covert Rise | Covert Rise Fun | Grace | | | | | | |
| 19/3/2024 | A | Short Hills | Grit Bins | BL route with 3*4 Grit Bin Reps | James | 21/3/2024 | A | Long Fartlek | * | 2 - 4min efforts | Alli |
| | B | Long Hills | Burwardsley Figure of 8 | 1-2*Burwardsley Figure of 8 | Paul | | | | | | |
| | C | Long Intervals | Carrs Lane | 1-2*1km | Grace | | | | | | |
| 26/3/2024 | A | Short Fartlek | * | 30 sec - 2 min efforts | Nick | 28/3/2024 | A | Long Intervals | Back Lane Triangle | 2*Back Lane, 1*Wood Lane | Rob C |
| | B | Short Hills | Elephant Tracks Cottage | 4*Elephant Tracks Cottage Loop | Neil | | | | | | |
| | C | Short Intervals | Park | 400m * 3 in pairs | Alex | | | | | | |
| 2/4/2024 | A | Short Intervals | Dark Lane | 10*400m | Simon | 4/4/2024 | A | Long Steady Run | * | 8-10 miles easy | Rob A |
| | B | Long Intervals | Back Lane Triangle | 1*Back Lane, 1*Wood Lane | Mel | | | | | | |
| | C | Long Intervals | Carrs Lane | 1-2*1km | Grace | | | | | | |
| 9/4/2024 | A | FREE SESSION | | | James | 11/4/2024 | A | FREE SESSION | | | Alli |
| | B | FREE SESSION | | | Paul | | | | | | |
| | C | FREE SESSION | | | Grace | | | | | | |
| 16/4/2024 | A | FREE SESSION | | | Nick | 18/4/2024 | A | FREE SESSION | | | Alli |
| | B | FREE SESSION | | | Alex | | | | | | |
| | C | FREE SESSION | | | Neil | | | | | | |