

Week No	Day	Date	Details of Session	Breakdown of Session	Other Alternatives
1	Sunday	29/10/2023	Continuous Run 40 mins		New Forest 10 run/walk
	Monday	30/10/2023	Recovery Run 5 miles with stops		Club Run
	Tuesday (1900 at Knightwood)	31/10/2023	400m reps		
	Wednesday	01/11/2023	Rest		
	Thursday	02/11/2023	Club interval session		Club Run
	Friday	03/11/2023	Rest or Gym		
	Saturday	04/11/2023	Rest or Parkrun		
2	Sunday	05/11/2023	Continuous Run 50 mins		Hayling 10 run/walk
	Monday	06/11/2023	Recovery Run 5 miles with stops or rest if you did Parkrun on Sat		Club Run
	Tuesday (1900 at Wyvern Track)	07/11/2023	Short and Sharp session	10 min warm up including easy jog followed by technical drills (fast feet, high knees, skipping, heel flicks, strides) 10 min cool down including set of static stretches incorporating all major muscle groups.	
	Wednesday	08/11/2023	Rest		
	Thursday	09/11/2023	Club interval session		
	Friday	10/11/2023	Rest or Gym		
	Saturday	11/11/2023	Rest or Parkrun		
3	Sunday	12/11/2023	Continuous Run 60 mins		CC6 Itchen Valley
	Monday	13/11/2023	Recovery Run 5 miles with stops or rest if you did Parkrun on Sat		Club Run
	Tuesday (1900 at Knightwood)	14/11/2023	500m reps	10 min warm up including easy jog followed by technical drills (high knees, skipping, heel flicks, strides) Each effort should be at 80% of race pace with a jog recovery between each effort. Do 2 sets of 4 x 500m reps with 4 min recovery between each set. 10 min cool down including set of static stretches incorporating all major muscle groups.	
	Wednesday	15/11/2023	Rest		
	Thursday	16/11/2023	Club interval session		Club Run
	Friday	17/11/2023	Rest or Gym		
	Saturday	18/11/2023	Rest or Parkrun		
	Sunday	19/11/2023	Continuous Run 70 mins		Gosport Half (run/walk)
	Monday	20/11/2023	Recovery Run 5 miles with stops or rest if you did Parkrun on Sat		Club Run

Week No	Day	Date	Details of Session	Breakdown of Session	Other Alternatives
4	Tuesday (1900 at Wyvern Track)	21/11/2023	Flying 50s	10 min warm up including easy jog followed by technical drills (high knees, skipping, heel flicks, strides) 10 min cool down including set of static stretches incorporating all major muscle groups.	
	Wednesday	22/11/2023	Rest		
	Thursday	23/11/2023	Club interval session		Club Run
	Friday	24/11/2023	Rest or Gym		
	Saturday	25/11/2023	Rest or Parkrun		

Week No	Day	Date	Details of Session	Breakdown of Session	Other Alternatives
5	Sunday	26/11/2023	Continuous Run 60 mins		
	Monday	27/11/2023	Recovery Run 5 miles with stops or rest if you did Parkrun on Sat		Club Run
	Tuesday (1900 at Knightwood)	28/11/2023	Hills	10 min warm up including easy jog followed by technical drills (fast feet, low hurdles, high knees, skipping, heel flicks, strides) 10 min cool down including set of static stretches incorporating all major muscle groups.	
	Wednesday	29/11/2023	Rest		
	Thursday	30/11/2023	Club interval session		Club Run
	Friday	01/12/2023	Rest or Gym		
	Saturday	02/12/2023	Rest or Parkrun		
6	Sunday	03/12/2023	Continuous Run 70 mins		Victory 5
	Monday	04/12/2023	Recovery Run 5 miles with stops or rest if you did Parkrun on Sat		Club Run
	Tuesday (1900 at Wyvern track)	05/12/2023	200m reps	10 min warm up including easy jog followed by technical drills (fast feet, high knees, skipping, heel flicks, strides) 10 min cool down including set of static stretches incorporating all major muscle groups.	
	Wednesday	06/12/2023	Rest		
	Thursday	07/12/2023	Club interval session		Club Run
	Friday	08/12/2023	Rest or Gym		
	Saturday	09/12/2023	Rest or Parkrun		
7	Sunday	10/12/2023	Continuous Run 50 mins		CC6 Kings Garn
	Monday	11/12/2023	Recovery Run 5 miles with stops or rest if you did Parkrun on Sat		Club Run
	Tuesday (1900 at Knightwood)	12/12/2023	Mixed Tempo Runs	10 min warm up with easy jog followed by 1 x 10min tempo run, 5 min jog recovery, 2 x 5 min tempo runs with 2.5 min jog recovery after each then 5 x 2 min tempo runs with 1 min jog recovery after each effort. 10 min cool down including set of static stretches incorporating all major muscle groups.	
	Wednesday	13/12/2023	Rest		
	Thursday	14/12/2023	Club interval session		Club Run
	Friday	15/12/2023	Rest or Gym		
	Saturday	16/12/2023	Rest or Parkrun		
	Sunday	17/12/2023	Continuous Run 60 mins		
	Monday	18/12/2023	Recovery Run 5 miles with stops or rest if you did Parkrun on Sat		

Week No	Day	Date	Details of Session	Breakdown of Session	Other Alternatives
8	Tuesday (1900 at Wyvern track)	19/12/2023	Elaine's Xmas Bonanza including Mars Bar relay.	10min warm up with fast feet session. 10 min cool down including set of static stretches incorporating all major muscle groups.	
	Wednesday	20/12/2023	Rest		
	Thursday	21/12/2023	Continuous Run 50 mins		6 miles easy
	Friday	22/12/2023	Rest or Gym		
	Saturday	23/12/2023	Rest or Parkrun		
9	Sunday	24/12/2023	Rest		
	Monday	25/12/2023	Rest		
	Tuesday	26/12/2023	Rest		
	Wednesday	27/12/2023	Kenyan Hills (4X5 mins) not coached	10 min warm up including easy jog followed by technical drills (high knees, skipping, heel flicks, strides) Each effort should be for 5 mins same amount of effort up and down hill. 2 mins jog recovery between each effort. 10 min cool down including set of static stretches incorporating all major muscle groups.	
	Thursday	28/12/2023	Continuous Run 50 mins		Club Run
	Friday	29/12/2023	Rest or Gym		
	Saturday	30/12/2023	Rest or Parkrun		
10	Sunday	31/12/2023	Rest		
	Monday	01/01/2024	Recovery Run 5 miles with stops or rest if you did Parkrun on Sat		
	Tuesday (1900 at Wyvern Track)	02/01/2024	Short and sharp – 4 sets of 200m sprint, 200m jog, 400m run at mile pace followed by 200m jog. One set of 200m and 400m runs will be timed.	10 min warm up including easy jog followed by technical drills (fast feet, high knees, skipping, heel flicks, strides) 10 min cool down including set of static stretches incorporating all major muscle groups.	
	Wednesday	03/01/2024	Rest		
	Thursday	04/01/2024	Club interval session		Club Run
	Friday	05/01/2024	Rest		
	Saturday	06/01/2024	Rest		
	Sunday	07/01/2024	Stubbington 10k		