

Corsham Running Club Training Schedule Jan - Mar 2012

W/C	Tuesday	Tuesday option	Thursday
9 th Jan	10 x 2 mins (90 secs)	2 x 15 (4 min)	short hills
16th Jan	7 x 3 mins (2 min)	6 x 6 (2 min)	furze hill
23rd Jan	5 x 4 mins (2 min)	5 x 6 + 1 x 10 (2 min)	long hills
30th jan	4 x 5 mins (2 min)	2 x 20 (5 mins)	up and overs
6th Feb	3 x 5 mins + 1 x 6 mins (2 min)	5 x 8 (2 mins)	8 or 10 x 400m
13th Feb	4 x 6 mins (3 min)	10, 13, 16 (4 mins)	short hills
20th Feb	6, 7, 8 mins (3 min)	5 x 6 + 1 x 10 (2 min)	200/400/600/800/600/400/200
27th Feb	3 x 7.5 mins (2.5 min)	2 x 20 (5 mins)	furze hill
5th Mar	3 x 8 mins (3 min)	5 x 7.5 (2.5 mins)	long hills
12th Mar	3 x 5 mins + 1 x 10 mins (3 min)	6 x 6 (2 min)	up and overs
19th Mar	6, 8, 10 mins (3 min)	10, 13, 16 (4 mins)	6 x 600m
26th Mar	10, 8, 6 mins (3 min)	16, 13, 10 (4 mins)	

Notes:

Figure in brackets is recovery interval between efforts

Feel free to increase number of reps to suit ability

Grizzly race week option = steady run with 5 x 1 min brisk (not flat out) efforts

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