

Corsham Running Club

Training Schedule Sept - Dec 2011

W/C Sun	Tues	Thurs
4th Sept	Tempo efforts at 1,2,3,4,5,4,3,2,1 mins with 60 sec recov	hills - long
11th Sept	Tempo 7 x 3 mins with 90 secs recovery	hills - short
18th Sept	Springfield 5k	hills - long or just run easy post 5k
25th Sept	Tempo 6 x 4 mins with 90 sec recovery	hills - up and overs
2nd Oct	Tempo 5 x 5 mins with 90 sec recovery	6 x 600m efforts
9th Oct	Tempo 4 x 6 mins with 90 sec recovery	hills - short
16th Oct	Tempo 3 x 8 mins with 90 sec recovery	hills - long
23rd Oct	Tempo 2 x 12 mins with 90 secs recovery	200/400/600/400/800/400/600/400/200 efforts
30th Oct	Tempo efforts at 1,2,3,4,5,4,3,2,1 mins with 60 sec recov	hills - very long
6th Nov	Tempo effort 1 x 20 mins (you know it makes sense!)	hills - short
13th Nov	Tempo 7 x 3 mins with 90 secs recovery	200/400/600/400/800/400/600/400/200 efforts
20th Nov	Tempo 6 x 4 mins with 90 sec recovery	hills - long
27th Nov	Tempo 5 x 5 mins with 90 sec recovery	hills - short
4th Dec	Tempo 4 x 6 mins with 90 sec recovery	8 x 600m efforts
11th Dec	Tempo 3 x 8 mins with 90 sec recovery	hills - short
18th Dec	Tempo 2 x 12 mins with 90 secs recovery	200/400/600/400/800/400/600/400/200 efforts
25th Dec	Tempo efforts at 1,2,3,4,5,4,3,2,1 mins with 60 sec recov	hills very long
1st Jan	Run steady, work off some xmas pud and look forward	
	to kicking off the 2012 schedule!	

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