

Schedule - Up to 10K	Schedule-10 mile/1/2 Marathon	Schedule - Up to Marathon
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London/Paris Marathon

Date (wc)	Level 1			Level 2			Level 3		
	Monday	Thursday	Sunday	Monday	Thursday	Sunday	Monday	Thursday	Sunday
2.1.12									
Mileage	BH	4	6	BH	5	10	BH	6	10
Effort		Steady Pace	Faster Run		Steady Pace	Race Pace		Steady Pace	Race Pace
Races	No Running			No Running		Milbourne 10	No Running		Milbourne 10
Misc									

Date (wc)	Level 1			Level 2			Level 3						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday						
2.1.12													
Mileage	BH	6	6	7	Hill Reps	4	5	6	Rest	Rest	6	10	10
Effort		Steady Pace		4 - 6 reps	Steady Pace						Race pace		
Races	No Running										Milbourne 10		
Misc			Include 2 miles fast	Choose a long hill									

9.1.12									
Mileage	4	4	8	4	6	13	4	8	13
Effort	Track	Even pace run	Steady Pace Run	Track	Even pace run	Steady Pace Run	Track	Even pace run	Steady Pace Run
Races									
Misc	Building Stamina	Use a partner	Building Stamina	Use a partner	Building Stamina	Use a partner			

9.1.12													
Mileage	4	4	4	5	Rest	4	6	8	3	Rest	13	13	13
Effort	Track	Steady Run				Even pace run	Speed Run				Steady Pace		
Races													
Misc	Building Stamina	Include a hill					Short fast run						

16.1.12									
Mileage	AGM	FHAB	10	AGM	FHAB	10	AGM	FHAB	10
Effort	7pm to 9pm, prompt start. Bring food	Hills	Steady Pace	Hills	Steady Pace	Hills	Steady Pace	Hills	Steady Pace
Races				7pm to 9pm prompt start. Bring food			7pm to 9pm, prompt start. Bring food		
Misc		Boscombe Pier		Boscombe Pier		Boscombe Pier		Boscombe Pier	

16.1.12													
Mileage	AGM	4	6	8	5	5	5	FHAB	5k	Rest	10	15	15
Effort	7pm to 9pm, prompt start. Bring food	Steady Pace			Pace Run			Hills	Race Pace		Steady Pace		
Races									Poole 5k Winter Series				
Misc		1 or 2 miles fast			Use a set course			Boscombe Pier	Boscombe Pier	Rest day			

23.1.12									
Mileage	FHAB	4	12	FHAB	7	12	FHAB	8	12
Effort	Speed	Pace Run	Steady Pace	Speed	Pace Run	Steady Pace	Speed	Pace Run	Steady Pace
Races									
Misc	Boscombe Pier	2 x 100m reps fast		Boscombe Pier	4 x 100m reps fast		Boscombe Pier	4 x 100m reps fast	

23.1.12																	
Mileage	FHAB	4	5	6	5	7	8	4	7	8	3	3	3	Rest	12	16	16
Effort	Speed	Hilly run			Steady Pace			Pace Run			Fast			Steady Pace			
Races																	
Misc	Boscombe Pier	even pace up the hills						4 x 100m reps fast			Time Trial	Rest Day					

All training sessions take place from Strouden Park Community Centre unless otherwise stated.
 Track is always from Kings Park Athletic Centre.
 FHAB Sessions are from Boscombe Pier unless otherwise stated.
 All training sessions start promptly at 7.10pm.

There will always be a 4 mile route available

Grid includes training for Levels 1/2/3. Choose the one that is appropriate to you.