

TRAINING GRID

July - August 2010

	Schedule - Up to 10K			Schedule-10 mile/1/2 Marathon			Schedule - Up to Marathon			New Forest Marathon																		
	Level 1			Level 2			Level 3			Level Level Level																		
Date (wc)	Monday	Thursday	Sunday	Monday	Thursday	Sunday	Monday	Thursday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday												
19.7.10	4	FHAB	10	6	FHAB	10	9	FHAB	10	4	6	9	5	5	5	6	8	10	FHAB	Rest	5	10	10	10				
Mileage	4	FHAB	10	6	FHAB	10	9	FHAB	10	4	6	9	5	5	5	6	8	10	FHAB	Rest	5	10	10	10				
Effort	Steady	Beach	Steady	Steady	Beach	Steady	Steady	Beach	Steady	Steady	Race Pace	Easy Run	Beach	Rest Day	Race Pace	Steady Pace												
Races															Wayfarers Relays													
Misc		Boscombe Pier	Include some hills		Boscombe Pier	Include some hills		Boscombe Pier	Include some hills		Fartlek Lamp Posts	Distance not pace	Boscombe Pier			Include some hills												
26.7.10	4	5	8	5	7	13	6	8	13	4	5	6	6	8	8	Rest	5	7	8	4	4	4	Rest	13	13	13		
Mileage	4	5	8	5	7	13	6	8	13	4	5	6	6	8	8	Rest	5	7	8	4	4	4	Rest	13	13	13		
Effort	Training Pace	Hills	Steady	Training Pace	Hills	Race Pace	Training Pace	Hills	Race Pace	Training Pace	Steady Run	Rest Day	Hills	Easy Run	Rest Day	Race Pace												
Races			Include 3x1 mile fast			Stur 1/2			Stur 1/2							Sturminster 1/2 Marathon DRRL												
Misc	Throop Mill	x3 reps	Include 3x1 mile fast	Throop Mill	x3 reps	DRRL	Throop Mill	x3 reps	DRRL	Throop Mill	Include 6 x 100m fast		x3 reps															
2.8.10	4	4	9	4	6	15	4	8	15	4	4	4	3	4	5	6	8	10	4	6	8	5	7	7	Rest	13	15	15
Mileage	4	4	9	4	6	15	4	8	15	4	4	4	3	4	5	6	8	10	4	6	8	5	7	7	Rest	13	15	15
Effort	Track		Steady Run	Track		Steady Run	Track		Steady Run	Track	Fast	Easy Run		Steady Run	Rest Day	Steady Run												
Races		Treasure Hunt			Treasure Hunt			Treasure Hunt					Treasure Hunt															
Misc	Keeping the pace	Wick Lane Car Park	Include 2 mile TT	Keeping the pace	Wick Lane Car Park	Include 3 mile TT	Keeping the pace	Wick Lane Car Park	Include 3 mile TT	Keeping the pace	Time Trial		Wick Lane Car Park	Include some hill reps		Include 3 mile TT												
9.8.10	FHAB	4	9	FHAB	6	16	FHAB	8	18	FHAB	4	4	4	6	6	6	4	6	8	Rest	6	14	16	18				
Mileage	FHAB	4	9	FHAB	6	16	FHAB	8	18	FHAB	4	4	4	6	6	6	4	6	8	Rest	6	14	16	18				
Effort	Beach	Speed Run	Steady Run	Beach	Speed Run	Steady Run	Beach	Speed Run	Steady Run	Beach	Speed Run	Easy Run	Speed Run	Rest Day		Steady Run												
Races																												
Misc	Boscombe pier	Time Trial	Even Pace	Boscombe Pier	Time Trial		Boscombe Pier	Time Trial		Boscombe Pier	Include 4 x 100m fast		Time Trial			Maiden Newton Madness												

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.

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

There will always be a 4 mile route available