

ROAD RUNNERS - TRAINING SCHEDULES – AUGUST/SEPTEMBER 2010

DATE	KYM'S GROUP (Fast Felines)	BRIAN'S GROUP (Middling Moggies)
Next Target:	Great Eastern Run, 10th October	Great Eastern Run 10th October
24 AUGUST (Tues)	Hills	25 mins at 10k pace
26 AUGUST (Thurs)	20 mins fast, 4 min recov, 10 mins fast	10 x 1 min fast
28/29 AUGUST	10 miles	12 miles
31 AUGUST	15 x 1 min fast, 30 sec recov	10 x hills
2 SEPTEMBER	15 mins fast, 3 mins recov, 15 mins fast	6 x 2 mins fast
4/5 SEPTEMBER	15 miles	13 miles
7 SEPTEMBER	5 x 4 min fast, 2 min recov	3 x 7 mins at 10k pace
9 SEPTEMBER	25 mins tempo	Steady 8 miles
11/12 SEPTEMBER	12 miles (Start Recov Week)	16 miles
14 SEPTEMBER	7 miles jog	10 hills
16 SEPTEMBER	8 miles jog	3 x 10 mins at ½ m pace
18/19 SEPTEMBER	15 miles	14 miles
21 SEPTEMBER	Hills	5 x 3 mins fast
23 SEPTEMBER	2 miles fast, 4 mins recov, 2 miles fast	25 mins at ½ m pace
25/26 SEPTEMBER	13 miles	12 miles
28 SEPTEMBER	12 x 1 min fast, 1 min recov	Steady 8 miles
30 SEPTEMBER	5 x 4 mins fast, 2 mins recov	Fartlek
2 OCTOBER	8 miles	10 miles
5 OCTOBER	Easy 5 miles	Easy Fartlek
7 OCTOBER	Easy 3 miles	Easy run with 1 mile at 1/2m pace
10 OCTOBER	Great Eastern Run	Great Eastern Run

