

ROAD RUNNERS - TRAINING SCHEDULES –FEBRUARY 2012

Kym, Dave and Daz & Brian's groups leave the Clubhouse at 6.30 p.m. on Tuesday and Thursday;
 Charlie's group leave the Clubhouse at 7 p.m. on Tuesday and Thursday
 DON'T FORGET CHARLIE'S CIRCUITS ON WEDNESDAY AT 7 P.M : ALL WELCOME.

Black type = training sessions
 Red type = competition
 Blue type = targets

DATE	KYM'S GROUP	DAZ & BRIAN'S GROUP	
Targets:	London Marathon	Grizzly, Manchester Marathon	
4/5 February	13 miles, last mile fast	14 miles, first and last miles fast	
Tuesday	8 miles, including 5 x 3 mins fast, with 1 ½ min recovery	6 x 3 mins fast, 1 ½ mins recovery	
Thursday	7 miles, including 15 x 1 min fast, 1 min recov	Fartlek	
11/12 February	17 miles	17-18 miles	
Tuesday	12 miles with 7 miles at ½ mara race pace	30 mins tempo	
Thursday	Easy 12	Hills: 4 x Studfall, 4 x both Coronation Park, finish with long surge up West Glebe Park	
18/19 February	15 miles	15 miles	
Tuesday	8 miles, including 5 x 3 mins fast, with 1 ½ min recovery	5 x 3 mins fast, 1 min recovery, 4 mins jog, then 1 mile surge	
Thursday	6 miles including 10 x 1 min fast, 30 secs recov.	Fartlek	
25/26 February	17 miles	GRIZZLY 20 13 miles	MANCHESTER MARA 17-18 miles
Tuesday	9 miles with 5 x 4 mins fast, 2 mins recovery	5 x 4 mins fast, 2 mins recovery	5 x 4 mins fast, 2 mins recovery
Thursday	11 miles easy	15 x 1 min fast, 1 min recovery	15 x 1 min fast, 1 min recovery
3rd/4 th March	13 miles	8 miles easy	Recovery week 16 miles, last mile fast
Tuesday	8 miles easy	5 miles easy	8 miles easy
Thursday	8 miles steady	3 miles easy	8 miles steady
11 th March	18 miles, last mile fast.	GRIZZLY 20 MT	18-20 miles

