

Jo's Group Training Plan

Week Start	Tuesday	Thursday	Sunday
9th Jan	Prom 5k	5 mile hill training	League Louth XC / Tough 10 training
16th Jan	Trinity Road / Beacon Hill repeats	Speed evens, 10,8,6,4,2 mins	Long run to be decided
23rd Jan	Sam's 7 mile, optional tempo	Grant Street hill repeats	League Ferriby 10
30th Jan	4 mile plus strength training	8 x 0.25 mile at speed with 0.25 mile recovery inbetween	13 miles Cleethorpes
6th Feb	League Prom 5k	Hill training in two's	Clickem 2 laps plus Wold Newton cake stop
13th Feb	Hill training in two's	4 mile plus strength training	Long run to be decided
20th Feb	5 mile tempo	Prom fast mile	Long run to be decided
27th Feb	Grant Street hill repeats	Trinity Road / Beacon Hill repeats	Long run to be decided
6th Mar	Prom 5k	4 mile plus strength training	Long run to be decided
13th Mar	Trinity Road / Beacon Hill repeats	Sam's 7 mile tempo	Long run to be decided
20th Mar	8 x 0.25 mile at speed with 0.25 mile recovery inbetween	Grant Street hill repeats	League East Hull 20 or Clickem 2 laps plus Wold Newton cake stop
27th Mar	Speed evens, 10,8,6,4,2 mins	Prom fast mile	Long run to be decided
3rd April	4 mile plus strength training	Trinity Road / Beacon Hill repeats	Long run to be decided
10th April	League Colin Moody 5 mile	Off road, beach & Thorpe Park 6 miles	Long run to be decided