

# Knowle and Dorridge Running Club

## Spring 2016 Training Schedule

Week	Wednesday Session		Description	Notes	Run Leader
	Date	Session			
1	06/01/2016	Fartlek	30 minute run at varying pace with 1 mile warm up and cool down	Rodborough Road	Simon
2	13/01/2016	Tempo Run	Tempo Run 40 minutes		
3	20/01/2016	Hills	1 x 8 minutes hill reps, 1 x 15 minutes Kenyan hills, 1 * 8 minutes hill reps with jog recovery	Longdon Road	
4	27/01/2016	Tempo Run	Tempo Run 40 minutes		
5	03/02/2016	Intervals	4 or 5 x 1 mile with 1 - 2 minutes rest	Rodborough Road	Simon
6	10/02/2016	Tempo Run	Tempo Run 40 minutes		
7	17/02/2016	Fartlek	35 minute run at varying pace with 1 mile warm up and cool down	TBC	
8	24/02/2016	Tempo Run	Tempo Run 40 minutes		
9	02/03/2016	Hills	2 * 15 minutes Kenyan Hills with jog recovery	Knowle Wood Road and Avenue Road	Simon
10	09/03/2016	Tempo Run	Tempo Run 40 minutes		
11	16/03/2016	Intervals	6 - 8 x 800m at race pace with 1 minute rest (hilly loop)	Whitacre Road - Blackdown Road - Newton Road	
12	23/03/2016	Tempo Run	Tempo Run 40 minutes		
13	30/03/2016	Hills	2 * 15 minutes Kenyan Hills with 2 minutes rest	Longdon Road	Simon
14	06/04/2016	Tempo Run	Tempo Run 40 minutes		
15	13/04/2016	Intervals	4 or 5 x 1 mile with 1 - 2 minutes rest	Temple Road - Clyde Road - Dorridge Road - Avenue	
16	20/04/2016	Fartlek	35 minute run at varying pace with 1 mile warm up and cool down	TBC	

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## Spring 2016 Training Schedule

Week	Other (Saturday) session			Long (Sunday) Run	
	Date	Session	Description	Date	Distance
1	09/01/2016	Tempo	This should be a sustained run at 80% of current 10k race pace for 3-5 miles.	10/01/2016	6 - 8 miles
2	16/01/2016	Hills	Vary from Kenyan hills continuous running with faster 20 sec reps	17/01/2016	7 - 9 miles
3	23/01/2016	Tempo	This should be a sustained run at 80% of current 10k race pace for 3-5 miles.	24/01/2016	8 - 10 miles
4	30/01/2016	Hills	2 x 10 minutes Kenyan Hills with 5 minutes jog recovery and 5 x 100 - 150m sprints with walk recovery	31/01/2016	6 - 8 miles
5	06/02/2016	Parkrun	5k time trial	07/02/2016	8 - 10 miles
6	13/02/2016	Hills	4 miles hilly run and 5 x 100 - 150m sprints with walk recovery	14/02/2016	9 - 11 miles
7	20/02/2016	Tempo	Add acceleration to tempo increase speed each mile but start slower than tempo above and build pace each mile up to 6 miles	21/02/2016	10 - 12 miles
8	27/02/2016	Hills	2 x 12 minutes Kenyan Hills with 5 minutes jog recovery and 5 x 100 - 150m sprints with walk recovery	28/02/2016	6 - 8 miles
9	05/03/2016	Parkrun	5k time trial	06/03/2016	8 - 10 miles
10	12/03/2016	Hills	4 miles hilly run and 5 x 100 - 150m sprints with walk recovery	13/03/2016	9 - 11 miles
11	19/03/2016	Tempo	Add acceleration to tempo increase speed each mile but start slower than tempo above and build pace each mile up to 6 miles	20/03/2016	10 - 12 miles
12	26/03/2016	Rest	Rest if running Massey 5 Mile Parkrun if not racing	27/03/2016	Massey 5 or 10-12 miles
13	02/04/2016	Parkrun	5k time trial	03/04/2016	10 - 12 miles
14	09/04/2016	Hills	4 miles hilly run and 5 x 100 - 150m sprints with walk recovery	10/04/2016	8 miles
15	16/04/2016	Parkrun		17/04/2016	Rest
16	23/04/2016	Tempo	Add acceleration to tempo increase speed each mile but start slower than tempo above and build pace each mile up to 6 miles	24/04/2016	Rest