

Week	Session 1 (eg Tuesday) <i>(usually c 1hr plus warm up/down)</i>	Session 2 (eg Saturday) <i>(c HM distance)</i>
<b>Week 1: Beginning 4<sup>th</sup> Jan</b>		
	<p><b>Pavey Hills</b></p> <ul style="list-style-type: none"> <li>• 5 x (1 min effort uphill, jog recovery down)</li> <li>• 3 min rest</li> <li>• 5 x (45 sec effort uphill, jog recovery down)</li> <li>• 3 min rest</li> <li>• 5 x (30 sec sec effort uphill, jog recovery down)</li> <li>• 3 min rest</li> <li>• 3 x (1 min effort uphill, jog recovery down)</li> </ul> <p><i>You can reduce the number of each repeat by 1 if you need a shorter session</i></p>	<p><b>11 x1k</b> @ HM pace, each followed by 1K recovery at Marathon pace</p> <p>Total 22km</p> <p><i>Can adjust to a shorter total distance as required</i></p>
<b>Week 2: Beginning 11<sup>th</sup> Jan</b>		
	<p><b>ARC Youtube Pro Double Session</b></p> <ul style="list-style-type: none"> <li>• 8 x (90 sec effort, 90 sec jog/walk recovery)</li> <li>• 8 x (60 sec effort, 60 sec jog/walk recovery)</li> <li>• 8 x (30 sec effort, 30 sec jog/walk recovery)</li> <li>• 8 x (15 sec effort, 15 sec jog/walk recovery)</li> </ul> <p><i>You can reduce the number of each repeat to 6 or 7 if you need a shorter session</i></p>	<p><b>7 x2k</b> @HM pace, each followed by 1K recovery at Marathon pace</p> <p>Total 21km</p> <p><i>Can adjust to a shorter total distance as required</i></p>
<b>Week 3: Beginning 18<sup>th</sup> Jan</b>		
	<p><b>Kenyan Hills</b> 30 mins same effort up same effort down</p> <p><i>nice consistent pace not flat out but not easy</i></p>	<p><b>3x3k</b> @ HM pace, each followed by 1K recovery at Marathon pace</p> <p>Total 12km</p> <p><i>Can adjust to a shorter total distance as required</i></p>
<b>Week 4: Beginning 25<sup>th</sup> Jan</b>		
	<p><b>Speed Tune Up Session</b></p> <ul style="list-style-type: none"> <li>• 4 x (800m effort, 2 min jog/walk recovery)</li> <li>• 3 min rest/walk</li> <li>• 4 x (400m effort, 90 sec jog/walk recovery)</li> <li>• 5 min rest/walk</li> <li>• 10 min tempo (pace you could keep up for about an hour)</li> <li>• 3 mins rest/walk</li> <li>• 4 x (200m effort, 1 min jog/walk recovery)</li> </ul> <p><i>You can reduce the number of each repeat to 3 if you need a shorter session</i></p>	<p><b>3x4k</b> @ HM pace, each followed by 1K recovery at Marathon pace</p> <p>Total 15km</p> <p><i>Can adjust to a shorter total distance as required</i></p>
<b>Week 5: Beginning 1<sup>st</sup> Feb</b>		
	<p><b>Pavey Hills</b></p> <ul style="list-style-type: none"> <li>• 5 x (1 min effort uphill, jog recovery down)</li> <li>• 3 min rest</li> <li>• 5 x (45 sec effort uphill, jog recovery down)</li> <li>• 3 min rest</li> <li>• 5 x (30 sec sec effort uphill, jog recovery down)</li> <li>• 3 min rest</li> <li>• 3 x (1 min effort uphill, jog recovery down)</li> </ul> <p><i>You can reduce the number of each repeat by 1 if you need a shorter session</i></p>	<p><b>4x3K</b> @ HM pace, each followed by 500m recovery at Marathon pace</p> <p>Total 14km</p> <p><i>Can adjust to a shorter total distance as required</i></p>

<b>Week 6: Beginning 8<sup>th</sup> Feb</b>		
	<b>Reverse Pyramids</b> <ul style="list-style-type: none"> <li>• 1k effort, 2 min recovery</li> <li>• 800m effort, 2 min recovery</li> <li>• 600m effort, 2 min recovery</li> <li>• 400m effort, 2 min recovery</li> </ul> Repeat these four stages 2 more times <i>You can reduce the number if you need a shorter session</i>	<b>3x4k</b> @ HM pace, each followed by 500m recovery at Marathon pace  Total 13.5km  <i>Can adjust to a shorter total distance as required</i>
<b>Week 7: Beginning 15th Feb</b>		
	<b>Kenyan Hills</b> 30 mins same effort up same effort down  <i>nice consistent pace not flat out but not easy</i>	<b>3x5k</b> @ HM pace, each followed by 500m recovery at Marathon pace  Total 16.5km  <i>Can adjust to a shorter total distance as required</i>
<b>Week 8: Beginning 22nd Feb</b>		
	<b>8 x 800s</b> <ul style="list-style-type: none"> <li>• 8 x (800m effort, 400m recovery)</li> </ul>	<b>5k or 10k Time Trial</b>  <i>Why not take part in the club handicap if you've not done so in previous weeks?</i>
<b>Week 9: Beginning 1st Mar</b>		
	<b>Pavey Hills</b> <ul style="list-style-type: none"> <li>• 5 x (1 min effort uphill, jog recovery down)</li> <li>• 3 min rest</li> <li>• 5 x (45 sec effort uphill, jog recovery down)</li> <li>• 3 min rest</li> <li>• 5 x (30 sec sec effort uphill, jog recovery down)</li> <li>• 3 min rest</li> <li>• 3 x (1 min effort uphill, jog recovery down)</li> </ul> <i>You can reduce the number of each repeat by 1 if you need a shorter session</i>	<b>3x3k</b> @ HM pace, each followed by 1K recovery at Marathon pace  Total 12km  <i>Can adjust to a shorter total distance as required</i>
<b>Week 10: Beginning 8th Mar</b>		
	<b>HM Tune Up</b> <ul style="list-style-type: none"> <li>• 12 x (400m @HM pace, 1min jog/walk recovery)</li> </ul> <i>You can reduce the number if you need a shorter session</i>	<b>HM Time Trial</b>