

## WINTER TRAINING PROGRAMME 2011/2012

TRACK	ROAD
<b>September</b>	
13th	Sele cross country hill reps (bring spikes or fell shoes)
20th 6 x 1000m - Recovery 600m Jog	
27th 8 x 500m Parlauf - Recovery 100m Jog	
<b>October</b>	
4th Hungarian Pyramid 1 x 1200m - 2 x 800m - 3 x 400m - 4 x 200m - 2 x 400m - 1 x 800m - 1 x 1200m @10k pace	
11th	Hexham Hills 8 x 2 min - Jog back recovery
18th 16 x 400m - Recovery 200m @ 5 km pace	
25th 8 x 800m - Recovery 400m jog	
<b>November</b>	
1st 10 x 300m Parlauf - Recovery 100m Jog	
8th	Hexham Burn Lane 7 x 1000m Parlauf
15th 10 x 800m - Recovery 200m Jog	
22nd	Hexham 10 x 2 min - Recovery 2 min
29th 10 x 600m Recovery 400m	
<b>December</b>	
6th 5000m Time trial	
13th 16 x 400m - Recovery 200m Jog	
20th	20 x 1 min split into 4 sets of 5 ( undulating route )
27th 5 x 1000m - Recovery 400m Jog	
<b>January</b>	
3rd 12 x 500m - Recovery 200m Jog	
10th	Hills 20 x 30 seconds split into 4 sets of 5
17th 10 x 800m - Recovery 200m Jog	
24th 3000m Time Trial	
31st 10 x 300m Parlauf - Recovery 100m Jog	
<b>February</b>	
7th	Hexham 10 x 2 min - Recovery 2 min
14th 10 x 800's	
21st 8 x 500m Parlauf - Recovery 100m Jog	
28th	20 x 1 min split into 4 sets of 5
<b>March</b>	
6th Hungarian Pyramid 1 x 1200m - 2 x 800m - 3 x 400m - 4 x 200m - 2 x 400m - 1 x 800m - 1 x 1200m @10k pace	
13th	Hexham Hills 8 x 2 min - Jog back recovery