

	4 x 80m strides focus on form	
10 th November	5 x 1000m at 5k pace w/200 rolling rec 4 x 80m strides focus on form	10 minutes easy running warm up 3 sets x (45 seconds – 90 seconds – 45 seconds at mile pace w/60 seconds jog recovery) 5 minutes easy running between sets) 5 minutes easy running cool down
17 th November Wrekenton CC Sun 23 rd	Down the Ladder 2 sets of (1200 – 1000 – 800 at 5k effort w/ half rep time recovery) 400m jog between sets 4 x 80m strides focus on form	10 minutes easy running warm up 2 sets of (4 x 60 seconds at mile pace w/2 minutes recovery) 5 minutes easy running between sets 5 minutes easy running cool down
24 th November	Up and Down the ladder 400m at mile pace 800m at 5k pace effort 1200m at 10k pace effort 1600m at 10k pace + 6 second per lap 1200m at 10k pace effort 800m at 5k pace effort 400m at mile pace 400m jog recovery between each effort.	10 minutes easy running warm up 2 sets of (4 x 150m at mile pace w/250m jog between) 5 minutes easy running between sets 5 minutes easy running cool down
1 st December	8-16 x 400m at 5k tempo w/200 rolling rec between RPE 6/7	10 minutes easy running warm up 5 x (45 seconds at mile pace w/45 seconds jog recovery) 5 minutes easy running 5 x (45 seconds at mile pace w/45 seconds jog recovery) 5 minutes easy running cool down
8 th December Sat 13 th NE Champs [tbc]	N x (1000 (each 1000: 400 @ 10,000, 200 @ 5,000, 200 @ 10,000, 200 @ 5,000) [400m r/o]) 4 x 80m strides focus on form	Warm up routine 2-3 sets of (10 x 80m 'max' greyhounds) 5 minutes between sets
15 th December	8 x (600m at 5k pace effort – jog 100m – stride 100m) w/200m – 400m rolling recovery 4 x 80m strides focus on form	10 minutes easy running warm up plus mobility etc Mile time trial 5 minutes easy running 6 x 80m strides focus on form 5 minutes easy running cool down
22 nd December	Ladder intervals: 2-3 x (6 min, 4 min, 2 min, 1 min) ' 10k – mile pace w/90 sec jog recovery 2 minutes between sets	Christmas Day
29 th December	5 x 1000m at 5k pace with 90 seconds recovery 4 x 80m strides focus on form	New Year's Day

Week beginning	Optional sessions
1 st September	10km Progression Run Start easy and build through the run with the final 5 minutes fast 15 minutes easy running
8 th September	15 minutes easy running 5-6 x (2 minutes CRISP with 1 minutes EASY between)