

	15 minutes easy running
15 <sup>th</sup> September	15 minutes easy running 3k – 6k somewhat hard RPE 5/6 15 minutes easy running
22 <sup>nd</sup> September Thornley Hall Farm CC Sat 27 <sup>th</sup>	15 minutes easy running 3 x (4 minutes CRISP 2 minutes EASY) 15 minutes easy running
29 <sup>th</sup> September	15 minutes easy running N x 1000m CRISP with equal run time recovery) 15 minutes easy running
6 <sup>th</sup> October Duridge Bay CC Sun 12 <sup>th</sup>	15 minutes easy running 5 minutes CRISP 3 minutes Easy 5 minutes Crisp 15 minutes easy running
13 <sup>th</sup> October	15 minutes easy running 3k – 6k somewhat hard RPE 5/6 15 minutes easy running
20 <sup>th</sup> October Lambton Estate CC Sat 25 <sup>th</sup>	15 minutes easy running 3 x (8 minutes CRISP 4 minutes easy between) 15 minutes easy running
27 <sup>th</sup> October	10km Progression Run Start easy and build through the run with the final 10 minutes at 10k pace 15 minutes easy running
3 <sup>rd</sup> November	15 minutes easy running 3 x (9 minutes CRISP 5 minutes easy between) 15 minutes easy running
10 <sup>th</sup> November	15 minutes easy running N x 1000m CRISP with equal run time recovery) 15 minutes easy running
17 <sup>th</sup> November Wrekenton CC Sun 23 <sup>rd</sup>	15 minutes easy running 3x (10 minutes CRISP 5 minutes easy between) 15 minutes easy running
24 <sup>th</sup> November	10km Progression Run Start easy and build through the run with the final 20 minutes at 10k pace 15 minutes easy running
1 <sup>st</sup> December	15 minutes easy running 12 minutes CRISP 6 minutes Easy 12 minutes Crisp 15 minutes easy running
8 <sup>th</sup> December Sat 13 <sup>th</sup> NE Champs [tbc]	15 minutes easy running N x 1000m CRISP with equal run time recovery) 15 minutes easy running
15 <sup>th</sup> December	15 minutes easy running 3k – 6k somewhat hard RPE 5/6 15 minutes easy running
22 <sup>nd</sup> December	
29 <sup>th</sup> December	