

November Training Schedule

All sessions are free to members. £2 to non-members.

Run Sessions meet at Riviera Centre.

Turbo Sessions meet at Club House Gym, Torre Valley North Sports Field

Turbo Sessions are suitable for all abilities.

Please bring your own bike and Turbo Trainer. Please also bring running kit to all Run
Cycle Turbo Sessions.

Turbo Trainers must be booked in advance. (£2 hire fee per session).

Just a reminder with winter and the clocks changing Make sure you're visible. No matter time of day you're running, it's important that you're visible, especially to drivers. Get in the habit of wearing white or bright- clothes. When running in the early morning, night, or dusk, make sure you have reflective gear on. Although some items (running shoes, jackets) already have reflective pieces on them, it doesn't hurt to add more. A reflective vest can be worn over any form of running clothing and will definitely help drivers see you.

Date	Session	Level 1-4	Level 5
Tuesday 1 st	Run	Time Trial	Time Trial
Wednesday 2 nd	Run Cycle Turbo	No Session	
Thursday 3 rd	Run	Short Reps Seafront	Fartlek Roundham
Friday 4 th	Cycle Turbo	No Session	
Tuesday 8 th	Run	Marine Drive	600' s x 12 60 secs recovery - Meadfoot
Wednesday 9 th	Run Cycle Turbo	Turbo - Run Brick Session <u>Drills</u> 2 x 3mins Individual Leg Training (ILT) with 30s recovery between each set (20s right leg, 10s transition, 20s left leg, 10s transition) x 3 <u>Main Set</u> 4 x 10 min interval (4 min seated, 2 min standing, 4 min seated) followed by run loop	
Thurs 10 th	Run	Pyramid Session Seafront 1 min out and back 2 mins out and back 3 mins out and back 4 mins out and back 3, 2, 1 again	Pyramid Session Seafront 1 min out and back 2 mins out and back 3 mins out and back 4 mins out and back 3, 2, 1 again

Friday 11 th	Cycle Turbo	Pyramid Session <u>Drills</u> 2 x 3mins Individual Leg Training (ILT) with 30s recovery between each set (20s right leg, 10s transition, 20s left leg, 10s transition) x 3 <u>Main Set</u> 1 min (30s seated, 30s standing), 1 min recovery 2 mins (1 min seated, 1 min standing), 1 min recovery 3 mins (1 min 30s seated, 1 min 30s standing), 1 min recovery 4 mins (2 min seated, 2 min standing), 1 min recovery 5 mins (2 min 30s seated, 2 min 30s standing), 1 min recovery 4, 3, 2, 1 again (standing followed by seated) 5 x fast spin (20s fast, 40s spin)	
Tuesday 15 th	Run	Penwill Way	8 x 1K Reps seafront 90 secs recovery
Wednesday 16 th	Run Cycle Turbo	Turbo – Run Brick Session <u>Drills</u> 2 x 3mins Individual Leg Training (ILT) with 30s recovery between each set (20s right leg, 10s transition, 20s left leg, 10s transition) x 3 <u>Main Set</u> 4 x 10 min interval (2 min seated, 2 min standing, 2 min seated, 2 min standing, 2 min seated) followed by run loop	
Thursday 17 th	Run	2 x mins out and back (4mins effort) seafront	2 x 90 Secs 45 secs recovery 2 x 3 mins 1 min recovery – 3 x sets Seafront
Friday 18 th	Cycle Turbo	<u>Fast Spin</u> 5 x (20 sec spin @110+ rpm/40 sec easy spin @85-90 rpm) <u>Main Set</u> 10 x 3:30 interval w/30 sec recovery spin after each - hold HR above 75% during the recovery period	
Tuesday 22 nd	Run	Goodrington	5-6 I mile reps 90 - 2mins recovery Seafront
Wednesday 23 rd	Run Cycle Turbo	Turbo – Run Brick Session <u>Drills</u> 2 x 3mins Individual Leg Training (ILT) with 30s recovery between each set (20s right leg, 10s transition, 20s left leg, 10s transition) x 3 <u>Main Set</u> 4 x 10 min interval (4 min seated, 2 min standing, 4 min seated) followed by run loop	
Thursday 24 th	Run	Mile reps	400' s (90 secs efforts) 45 secs recovery preston

Friday 25 th	Cycle Turbo	Pyramid Session <u>Drills</u> 2 x 3mins Individual Leg Training (ILT) with 30s recovery between each set (20s right leg, 10s transition, 20s left leg, 10s transition) x 3 <u>Main Set</u> 1 min (30s seated, 30s standing), 1 min recovery 2 mins (1 min seated, 1 min standing), 1 min recovery 3 mins (1 min 30s seated, 1 min 30s standing), 1 min recovery 4 mins (2 min seated, 2 min standing), 1 min recovery 5 mins (2 min 30s seated, 2 min 30s standing), 1 min recovery 4, 3, 2, 1 again (standing followed by seated) 5 x fast spin (20s fast, 40s spin)	
Tuesday 29 th	Run	Marine Drive 3 long hills	Hill session Meedfoot 8 hills Jog recovery downhill
Wednesday 30 th	Run Cycle Turbo	Turbo – Run Brick Session <u>Drills</u> 2 x 3mins Individual Leg Training (ILT) with 30s recovery between each set (20s right leg, 10s transition, 20s left leg, 10s transition) x 3 <u>Main Set</u> 4 x 10 min interval (5 min standing, 5 min seated) followed by run loop	

RUNNING RACE DIARY

XC = CROSS COUNTRY

MT = MULTI TERRAIN

NOVEMBER 2011

06	PLYMOUTH 10k	PLYMOUTH	10k	Sunday
06	TEMPLER 10	NEWTON ABBOT	10 miles	Sunday
11	POPPY RUN	BERE ALSTON	11.11 miles	Friday
13	DEVIOCK BOUNDER 10	SEATON, CORNWALL	10 miles	Sunday
13	SEATON VALLEY 5	SEATON, CORNWALL	5 miles	MT Sunday
13	St. MICHAELS MOUNT REMEMBRANCE RUN	MARAZION	4.2 miles (approx)	MT Sunday
20	COLYTON FIVER	COLYTON	5 miles	Sunday
20	CORNISH MARATHON	PENSILVA, CORNWALL	26.2 miles	Sunday
20	DROGO 10	CASTLE DROGO	10 miles	XC Sunday

27	BICTON BLISTER	BICTON, DEVON	11 miles	MT	Sunday
27	CORNWALL MOB MATCH	FALMOUTH	5 miles		Sunday
27	REINDEER RUN	CENTRAL PARK, PLYMOUTH	5k		Sunday

DECEMBER 2011

10	COCKINGTON CHRISTMAS CAPER	COCKINGTON, TORQUAY	7 miles	MT	Saturday
11	SANTA'S CHRISTMAS PUD RUN	CENTRAL PARK, PLYMOUTH	5k		Sunday
18	TORRINGTON CHRISTMAS CAPER	TORRINGTON	7 miles	MT	Sunday
26	JINGLE BELL JOG	BURRATOR	5 miles		Monday

JANUARY 2012

01	BROWN WILLY RUN	BODMIN MOOR	6 miles		Sunday
08	FIRST CHANCE 10k	EXETER	10k		Sunday
15	OH MY OBELISK!	DAWLISH	10 miles	MT	Sunday
15	WESTWARD LEAGUE CROSS COUNTRY	BIDEFORD		XC	Sunday
22	STORM FORCE 10	CAMBORNE	10 miles		Sunday

FEBRUARY 2012

05	CHRIS REASON TRIBUTE RUN	NEWNHAM, PLYMOUTH	5 miles	MT	Sunday
05	MARAZION 10k	MARAZION	10k		Sunday
12	BERE PEN FOOT DRAGGER	BERE ALSTON	13 miles Approx.	MT	Sunday
12	WESTWARD LEAGUE CROSS COUNTRY	BOVEY TRACY		XC	Sunday
19	PLYMOUTH HOE 10	PLYMOUTH	10 miles		Sunday
26	CORNWALL FIRE & RESCUE SERVICE HALF MARATHON	LANHYDROCK, CORNWALL	13.1 miles	MT	Sunday

MARCH 2012

04	BIDEFORD HALF-MARATHON	BIDEFORD	13.1 miles		Sunday
04	DUCHY MARATHON & 20 MILES	REDRUTH	26.2 & 20 miles		Sunday
11	BATH HALF-MARATHON	BATH	13.1 miles		Sunday
11	GRIZZLY	BEER, SEATON	20+ miles	MT	Sunday
18	LOOE 10	LOOE	10 miles		Sunday
18	WESTWARD LEAGUE CROSS COUNTRY	CENTRAL PARK, PLYMOUTH		XC	Sunday
25	AN RESEK HELLYS	HELSTON	10.5 miles	MT	Sunday
01	5 TORS MOORLAND RUN	LISKEARD	11 miles	XC	Sunday

APRIL 2012

08	PENZANCE TRIATHLON (Swim / Bike / Run)	PENZANCE	400m / 15.5M / 4M		Sunday
08	WHITEMOOR 10k	Near ROCHE, CORNWALL	10k		Sunday
15	TAVY 13	TAVISTOCK	13.1 miles		Sunday
15	TREVORNICK TROT	HOLYWELL BAY (Nr. NEWQUAY)	10 miles	MT	Sunday
22	LONDON MARATHON	LONDON	26.2 miles		Sunday
28	HALDON HEARTBEAT	EXETER	8.5 miles	XC	Saturday

MAY 2012

06	BERE PEN 10k	BERE ALSTON	10k		Sunday
06	BOCONNOC 5	BOCONNOC ESTATE CORNWALL	5 miles	MT	Sunday
06	SALTASH HALF-MARATHON	SALTASH	13.1 miles		Sunday
19	SALTASH AQUATHLON (swim / run)	SALTASH	500m / 5k		Saturday
20	ST AUSTELL HALF MARATHON	ST AUSTELL	13.1 miles	MT	Sunday
26	JUBILEE POOL AQUATHLON (Swim / Run)	PENZANCE	200m / 2 miles		

JUNE 2012

05	CUBERT 5	CUBERT (Nr. NEWQUAY)	5 miles		Tuesday
09	DARTMOOR DISCOVERY	PRINCETOWN	34.1 miles		Saturday
13	BUDE LIFEBOAT RUN	BUDE, CORNWALL	6 miles	MT	Wednesday
16	STICKER 5	St AUSTELL	5 miles		Saturday
20	MEET YOUR MAX	TRURO	Approx. 10k	MT	Wednesday
23	ST DOMINICK'S DASH	ST. DOMINICK, CORNWALL	5 miles		Saturday
24	LANHYDROCK RUN	LANHYDROCK, CORNWALL	10 miles	MT	Sunday
27	JUBILEE POOL AQUATHLON (Swim / Run)	PENZANCE	200m / 2 miles		