

September Training Schedule

Date	Level 5 Session	Level 1-4 Session	Races
Thurs 1 st Sept	16 x 400's 45 secs recovery or 16 x 90 secs effort with 45 secs recovery?	?	
Tues 6 th Sept	Hill reps Meadfort x 8 jog down recovery		
Thurs 8 th Sept	10- 12 600's track or at Meadfoot 60 secs recovery		
Tues 13 th Sept	5-6, 1 mile reps 2 mins recovery		
Thurs 15 th Sept	8 x 800's track or 8 x 3mins compass seafront with 1 min recovery		Sunday 18 th Sept ladies 10K
Tues 20 th Sept	6-8 1K or 4 mins reps with 90secs recovery compass seafront		
Thurs 22 nd Sept	Fartlek to roundham 8 x 2.5 mins effort with 2.5 mins re group		Sunday 25 th Sept Taunton 10K
Tues 27 th Sept	Kenyan Hills 30 mins Meadfoot		
Thurs 29 th Sept	16 x 90 secs effort compass seafront		

October Training Schedule

Date	Level 5 Session	Level 1-4 Session	Races
Tues 4 th Oct	Time Trail Seafront	Time Trail Seafront	
Thurs 6 th oct	10- 12 600's at Meadfoot 60 secs recovery		
Tues 11 th Sept	6-8 1K or 4 mins reps with 90secs recovery compass seafront		
Thurs 13 th Oct	Fartlek to roundham 8 x 2.5 mins effort with 2.5 mins re group		Sunday 16 th Oct Cardiff Half Marathon Dartmoor Vale marathon, half marathon & 10K
Tues 18 th Oct	5-6, 1 mile reps seafront 2 mins recovery		
Thurs 20 th Oct	8 x 3mins compass seafront with 1 min recovery		
Tues 25 th Oct	8 x Hill reps jog recovery meadfoot		
Thurs 27 th Oct	16 x 400's 45 secs recovery preston seafront		