

LITLEDOWN HARRIERS TRAINING SCHEDULE 2020

Monday 23 December to Tuesday 31 December 2019 - **NO SESSIONS**

Wednesday 01 Jan 20

Broadstone 1/4

Thursday 02 Jan 20

Paced Runs	5 miles multi pace	7-8 miles multi pace
	Coach: Mike N Route: Iford, River Way, Hurn Way, Centre	Coach: Paul T Route: Mystery
Effort Sessions	xmiles multi pace	
	Coach: Rachel Route: Hills of terror	

Friday 03 Jan 20

Saturday 04 Jan 20

Sunday 05 Jan 20

Long Run	Marathon Training 16 Weeks to go: 10 miles multi pace 08:30am		
	Coaches -		
	Relaxed Pace (9:45+): Chris L		
	Medium Paced (8:45 - 9:45): Mike K		
	Faster Group (Sub 8:45): Mike N		
Route: LDC to Iford Lane to Tuckton to Carbury Avenue back to Deck Chair Roundabout via Overcliffe to Boscombe Pier along Promenade to Commodore to Kings Park to LDC			

[Click for map](#)

Monday 06 Jan 20

Tuesday 07 Jan 20

Paced Runs	5 miles 10-11 min miles	5 miles 9-10 min miles	7-8 miles multi pace	C25K starts next week
	Coach: Simon Route: QP Ave, Chamminster Rd, Richmond Park Ave, Holdenhurst Rd, Harewood, Cut, Cowell Drive, LDC.	Coach: Mike N Route: out to xchurch	Coach: Mike K Route: Beach route with a Zig Zag	
Effort Sessions	xmiles multi pace	6 ISH miles multi pace	10 miles multi pace	
	Coach: Janet Session: Littledown Drive 2 x (8 x 40 secs)	Coach: Luke Session: 30 mins 'Change of pace' effort session (increasing speed over a 100m stretch with recovery between each effort)	Coach: Gary W Session: Speed Endurance - Littledown Ave/Harewood Ave Area. 2miles warm up - Decreasing length pyramid efforts - 2 miles cool down	

Wednesday 08 Jan 20

Thursday 09 Jan 20

Paced Runs	5 miles multi pace	7.5 miles ish multi pace
	Coach: Laurence Route:	Coach: Suzanne Route: Castle Ln, West Way, QP, Harewood Ave
Effort Sessions	6 miles multi pace	
	Coach: Mike N Session: Burnham hills, 3 hills, 3 laps, 6 miles including warm up and cool down	

Friday 10 Jan 20

Saturday 11 Jan 20

Sunday 12 Jan 20

Long Run	Marathon Training 15 Weeks to go: 12 miles multi pace		
	Coaches -		
	Relaxed Pace (9:45+): James Davies taking cut off 6miles		
	Medium Paced (8:45 - 9:45): Mike N		
	Faster Group (Sub 8:45): Luke		
Route: LDC to River Way to Fairmile to Burton Bridge to Stanpit to Captain's Club to Belle Vue Road to Southbourne to Wentworth to Woodland Walk to Kings Park to LDC			

[Click for map](#)

Monday 13 Jan 20

Tuesday 14 Jan 20

Paced Runs	5 miles 10-11 min miles	5 miles 9-10 min miles	7-8 miles multi pace	Beginners - C25K wk 1
	Coach: Simon Route: Castle La - Bradpole Rd - QP - Holdenhurst Rd - Littledown Dr - Harewood Ave - Cowell Dr - LDC	Coach: Mike K Route: Let's get this done before we get too wet. LDC > Barrack Road > Stour Road > Fairmile Road > The Grove > LDC	Coach: Dani Route: Beach route	Coach: Heidi and Mike N Session:
Effort Sessions	xmiles multi pace	miles multi pace	8 miles multi pace	
	Coach: Gary T Session: Pyramids	Coach: Rachel Session: warm up, 6 x 2 mins hill efforts cool down back to centre	Coach: Gary W Session: Hill Efforts - 15 mins Howard Road lamppost efforts - 15 mins Horseshoe/Burnham Loops - Queens Park.	

Wednesday 15 Jan 20

Thursday 16 Jan 20

Paced Runs	5 miles multi pace	7-8 miles multi pace
	Coach: Mike N Route:	Coach: Rachel Route: Littledown Avenue, Holdenhurst Road, pier, back along seafront to commodore, back to centre
Effort Sessions	Efforts	
	Coach: Laurence Session: 5 X 60 sec 5 X 90 Second Efforts Littledown drive	

Friday 17 Jan 20

Saturday 18 Jan 20

Sunday 19 Jan 20

Long Run	Marathon Training 14 Weeks to go: 11 miles multi pace		
	Coaches -		
	Relaxed Pace (9:45+): Gary T		
	Medium Paced (8:45 - 9:45): Dani / Mike K		
	Faster Group (Sub 8:45): Luke		
Route: LDC to Iford Lane to Broadway Road to Hengistbury Head via Promenade to Commodore to Kings Park to LDC			

Dirty Devil Stampede 10k

[Click for map](#)

Monday 20 Jan 20				
Tuesday 21 Jan 20				
Paced Runs	5 miles 10-11 min miles	5 miles 9-10 min miles	7-8 miles multi pace	Beginners - C25K wk 2
	Coach: Simon	Coach: Gary W	Coach: Paul T	Coach: Heidi, Mike
	Route: QP Dr - Westway - Castle La. - LDC	https://www.plotaroute.com/route/1009864?units=miles	Route: LDC, Holdenhurst, Throop, Broadway, Charminster Ave, QP Ave, Howard Rd, Brackendale, Broad, Castle Lane, LDC	Session:
Effort Sessions	4-5 miles multi pace	7 miles multi pace	8-10 ish miles multi pace	
	Coach: Gary T	Coach: Rachel	Coach: Suzanne	
	Session: Rescheduled Pyramid	Session: warm up, lamppost efforts cool down.	Session: WU to Commodore, 1,2,3,4,5,4,3,2,1 min efforts with 2 mins active recovery. CD to LDC. no	
Wednesday 22 Jan 20				
Thursday 23 Jan 20				
Paced Runs		5 miles multi pace	7.5 ish miles multi pace	
		Coach: Laurence	Coach: Suzanne	
		Route: Queens park, Fiveways, Charminster Ave, west way castle lane LDC	Route: Iford Ln, overcliff, Pokesdown, Ashley Rd, QP, LDC	
Effort Sessions		xmiles multi pace		
		Coach: Mike N		
		Session: lamp posts hell, 20 mins queens park hill, 5.5-6 miles total		
Friday 24 Jan 20				
Saturday 25 Jan 20				
Sunday 26 Jan 20				
Long Run	Marathon Training 13 Weeks to go: 13 miles multi pace			
	Coaches - Relaxed Pace (9:45+): Paul T Medium Paced (8:45 - 9:45): Mike Faster Group (Sub 8:45): Luke Route: LDC to Holdenhurst Village to Throop to Redhill to Boundbury Road to Glenferness Avenue via Gardens to Bournemouth Pier along Promenade to Commodore to Kings Park to LDC			
				Click for map
Monday 27 Jan 20				
Tuesday 28 Jan 20				
Paced Runs	5 miles 10-11 min miles	6 miles 9-10 min miles	7-8 miles multi pace split session	Beginners - C25K wk 3
	Coach: Laurence	Coach: Mike K	Coach: relaxed - James D Coach: faster - Paul T	Coach: Heidi, Mike
	Route:	Route: LDC, Castle Lane, Barrack Road, Stour Road, Tuckton, Carbery Avenue, Southbourne Grove, Pokesdown, Christchurch Road, Holdenhurst Avenue, Castle Lane	Route: LDC, Holdenhurst Ave, Pokesdown Hill, Woodland Walk, O/Cliff, Zig Zag, Boscombe Gdns, Knowle Rd, St Clements, KP, Harwood, LDC	Session:
Effort Sessions	4-5 miles multi pace	8 miles multi pace	xmiles multi pace	
	Coach: Gary T	Coach: Luke	Coach: Mark	
	Session: Durrington Lamposts	Session: warm up to Boscombe pier, croc run to Bmth pier, effort back to Boscombe pier, cool down recovery back to LDC	Session: Tempo Run-Hill Efforts-Fartek. Warm upto Cmdre- Tempo run from Cmdre to BIC - 20 mins BIC Hills - Croc Run Fartek to Boscombe Pier - Lamp Post sprints to Cmdre (sprint 1 lamp post-jog 1 lamp post -sprint 2 - jog 2...to 4 then back to 1) - cool down back.	
Wednesday 29 Jan 20				
Thursday 30 Jan 20				
Paced Runs		5 miles multi pace	7-8 miles multi pace	
		Coach: Luke	Coach: Rachel	
		Route: that's a mystery! We will make the route up as we go and see how close to 5 miles (on my watch) we can get	Route: Littledown Avenue, holdenhurst road, Bournemouth pier, back to commodore and LDC	
Effort Sessions		7 miles multi pace		
		Coach: Mike N		
		Session: 7 miles, 7 hills, 7 recoveries		
Friday 31 Jan 20				
Saturday 01 Feb 20				
Sunday 02 Feb 20				
Long Run	Marathon Training 12 Weeks to go: 14 miles THE UNDULATOR multi pace			
	Coaches - Relaxed Pace (9:45+): Chris L Medium Paced (8:45 - 9:45): Mike K Faster Group (Sub 8:45): Mike N Route: LDC to Kings Park to Bournemouth Pier via Gardens to Queens Road to Clarendon Road to Middle Chine 12 Zig Zags, BIC Hill and Promenade to Kings Park to LDC			
				Click for map
Monday 03 Feb 20				
Tuesday 04 Feb 20				
Paced Runs	5 miles 10-11 min miles	5,27 miles 9-10 min miles	7-8 miles multi pace	Beginners - C25K wk 4
	Coach: Mark	Coach: Mike K	Coach: Simon	Coach: Heidi, Mike
	Route: Castle Lane, East Way, Charminster Rd, QP Ave, QP West Dr, Holdenhurst Ave, Littledown Ave, Cut, LDC	Route: LDC > Castle Lane > Queens Park Avenue > Charminster Road > Richmond Park Road > BH Live > Littledown Drive > Harewood Avenue > The Cut > Cowell Drive > LDC	Route: Iford La - Broadway - Prom - Commodore - LDC. Coach	Session:
	4-5 miles multi pace	xmiles multi pace	approx 10 miles multi pace	
	Coach: Gary T	Coach: rachel	Coach: Gary W	

Long Run	<p>Relaxed Pace (9:45+): Chris L Medium Paced (8:45 - 9:45): Mike K Faster Group (Sub 8:45): Luke Route: CHANGE OF ROUTE LDC to River Way to Fairmile Road to Burton to Stanpit Marsh to Belle Vue Road to Woodland Walk to Kings Park to Queens Park to Castle Lane to Charminster to Queens Park to Kings Park to LDC</p>				Click for map
Monday 09 Mar 20 Tuesday 10 Mar 20					
Paced Runs	5 miles 10-11 min miles Coach: Caz Route: Castle Lane, Bradpole Road, Queens Park Avenue, East Way, Castle Lane, back to centre	5 miles 9-10 min miles Coach: Chris Lane Route: LDC to Eastway to Fiveways to Queen's Park drive to Harewood Ave to Cut to LDC	7-8 miles multi pace Coach: Mark Route: KP- Woodland Walk- Overcliff- Broadway- Iford Lane- Castle Lane- LDC	Beginners - C25K wk 9 Coach: Heidi and Mike N Session:	
	4-5 miles multi pace Coach: Gary T Session: Durrington Lamp posts : 2 up 1 down : Re-mastered edition	6-7 miles multi pace Coach: Simon Session: Marathon Schedule Week 6 of 12. 8x 2min efforts, 1min recovery. 2 mile warm up to Commodore. 4 efforts out/ 4 back. 2mile warm down to LDC	13-14 miles multi pace Coach: Gary W Session: Marathon Schedule Week 6 of 12. Tempo Run and Hill Efforts - Warm up to Cmdre - 10k Pace to Bmth Pier then 30 mins (clock starts at 1st runner) Russell-Cotes Hills - 10k Pace back to Cmdre - Cool Down		
Wednesday 11 Mar 20 Thursday 12 Mar 20					
Paced Runs		5 miles multi pace Coach: Chris Lane Route: LDC to Tuckton then to Carbery to Station to the Cut to LDC	7-8 miles multi pace Coach: mike n Route: out to clifftop, point cafe, tuckton, iford lane,lc		
Effort Sessions		Undulator Run, Non stop. Coach: Laurence Session: Some flat some hills all to run back, 6 Miles Max			
Friday 13 Mar 20 Saturday 14 Mar 20 Sunday 15 Mar 20					Weymouth 10k
Long Run	<p>Marathon Training 6 Weeks to go: 18miles multi pace Coaches - Relaxed Pace (9:45+): Chris Lane Medium Paced (8:45 - 9:45): Laurence Faster Group (Sub 8:45): Mike N Route: LDC to Kings Park to Bmth Pier through Gardens to Alder Hills to Kinson to West Parley to Golf Course to Throop Loop to Holderhurst to LDC</p>				Click for map
Monday 16 Mar 20 Tuesday 17 Mar 20 - ** ALL RUNS CANCELLED UNTIL FURTHER NOTICE**					
Paced Runs	5 miles 10-11 min miles Coach: James D Route: LDC kings park- woodland walk- down- portman ravine zig zag- fisherman's walk back- through pokesdown- kings park back to LDC	5 miles 9-10 min miles Coach: Rachel Route:	7-8 miles multi pace Coach: Chris Lane Route: LDC to Tuckton- to Broadway to the prom- to Commodore- to the Station to the cut to LDC	Beginners - C25K wk 10 Coach: Heidi and Mike N Session:	ALL RUNS CANCELLED UNTIL FURTHER NOTICE
	4-5 miles multi pace Coach: Gary T Session: 8x40 second efforts (x2) - Little Down Drive	x miles multi pace Coach: Session: Marathon Schedule Week 7 of 12	11-12 miles multi pace Coach: Gary W Session: Marathon Schedule Week 7 of 13. Speed Endurance - Warm up to Cmdre - (6 x 3 mins efforts) x 2 - 2 mins rep recovery - 3 mins set recovery - Cool Down		
Wednesday 18 Mar 20 Thursday 19 Mar 20					
Paced Runs		5 miles multi pace Coach: Suzanne Route:	7-8 miles multi pace Coach: Rachel Route:		
Effort Sessions		x miles multi pace Coach: Session:			
Friday 20 Mar 20 Saturday 21 Mar 20 Sunday 22 Mar 20					
Long Run	<p>Marathon Training 5 Weeks to go: 20 miles multi pace Coaches - Relaxed Pace (9:45+): Medium Paced (8:45 - 9:45): Mike N Faster Group (Sub 8:45): Laurence Route: LDC to Kings Park to Bournemouth Pier through the Gardens to Branksome Park to Canford Cliffs Road to Lilliput to Baiter Park to Sandbanks via Promenade to Commodore, Kings Park to LDC</p>				Click for map
Monday 23 Mar 20 Tuesday 24 Mar 20					
Paced Runs	5 miles 10-11 min miles Coach: James D Route:	5 miles 9-10 min miles Coach: Chris Lane Route:	7-8 miles multi pace Coach: Route:	Beginners Coach: Session:	
	4-5 miles multi pace Coach: Gary T Session:	x miles multi pace Coach: Rachel Session: Marathon Schedule Week 8 of 12	9-10 miles multi pace Coach: Gary W Session: Marathon Schedule Week 8 of 13. Hill Efforts - Warm up to Queens Park via Springbourne Fire Station direction - 20 mins Howard Rd- Lamp Post Efforts - 20 mins Burnham Road- hill loops - Cool down- same route back		
Wednesday 25 Mar 20 Thursday 26 Mar 20					
Paced Runs		5 miles multi pace Coach: Route:	7-8 miles multi pace Coach: Rachel Route:		

Thursday-14-May-20				
Paced-Runs		5-miles-multi-pace	7-8-miles-multi-pace	
		Coach:	Coach:	
Effort-Sessions		xmiles-multi-pace		
		Coach:		
		Session:		
Friday-15-May-20				
Saturday-16-May-20				
Sunday-17-May-20				
Long-Run	xmiles-multi-pace			
	Coach:			
	Route:			
Monday-18-May-20				
Tuesday-19-May-20				
Paced-Runs	5 miles-10-11 min-miles	5 miles-9-10 min-miles	7-8 miles-multi-pace	Beginners
	Coach:	Coach:	Coach:	Coach:
Effort-Sessions	xmiles-multi-pace	xmiles-multi-pace	xmiles-multi-pace	
	Coach:	Coach:	Coach:	
	Session:	Session:	Session:	
Wednesday-20-May-20				
Thursday-21-May-20				
Paced-Runs		5-miles-multi-pace	7-8-miles-multi-pace	
		Coach:	Coach:	
Effort-Sessions		xmiles-multi-pace		
		Coach:		
		Session:		
Friday-22-May-20				
Saturday-23-May-20				
Sunday-24-May-20				
Long-Run	xmiles-multi-pace			
	Coach:			
	Route:			
Monday-25-May-20				
Tuesday-26-May-20				
Paced-Runs	5 miles-10-11 min-miles	5 miles-9-10 min-miles	7-8 miles-multi-pace	Beginners
	Coach:	Coach:	Coach: relaxed- Coach: faster-	Coach:
Effort-Sessions	xmiles-multi-pace	xmiles-multi-pace	xmiles-multi-pace	
	Coach:	Coach:	Coach:	
	Session:	Session:	Session:	
Wednesday-27-May-20				
Thursday-28-May-20				
Paced-Runs		5-miles-multi-pace	7-8 miles-multi-pace	
		Coach:	Coach:	
Effort-Sessions		xmiles-multi-pace		
		Coach:		
		Session:		
Friday-29-May-20				
Saturday-30-May-20				
Sunday-31-May-20				
Long-Run	xmiles-multi-pace			
	Coach:			
	Route:			
Monday 01 Jun 20				
Tuesday 02 Jun 20				
Paced-Runs	5 miles-10-11 min-miles	5 miles-9-10 min-miles	7-8 miles-multi-pace	Beginners
	Coach:	Coach:	Coach:	Coach:
Effort-Sessions	xmiles-multi-pace	xmiles-multi-pace	xmiles-multi-pace	
	Coach:	Coach:	Coach:	
	Session:	Session:	Session:	
Wednesday 03 Jun 20				
Thursday 04 Jun 20				
Paced-Runs		5 miles-multi-pace	7-8 miles-multi-pace	
		Coach:	Coach:	
Effort-Sessions		xmiles-multi-pace		
		Coach:		
		Session:		
Friday 05 Jun 20				
Saturday 06 Jun 20				
Sunday 07 Jun 20				
Long-Run	xmiles-multi-pace			
	Coach:			
	Route:			
Monday 08 Jun 20				
Tuesday 09 Jun 20				
Paced-Runs	5 miles-10-11 min-miles	5 miles-9-10 min-miles	7-8 miles-multi-pace	Beginners
	Coach:	Coach:	Coach:	Coach:
Effort-Sessions	xmiles-multi-pace	xmiles-multi-pace	xmiles-multi-pace	
	Coach:	Coach:	Coach:	
	Session:	Session:	Session:	
Wednesday 10 Jun 20				
Thursday 11 Jun 20				
Paced-Runs		5 miles-multi-pace	7-8 miles-multi-pace	
		Coach:	Coach:	
Effort-Sessions		xmiles-multi-pace		
		Coach:		
		Session:		
Friday 12 Jun 20				
Saturday 13 Jun 20				
Sunday 14 Jun 20				
Long-Run	xmiles-multi-pace			
	Coach:			
	Route:			
Monday 15 Jun 20				
Tuesday 16 Jun 20				

Friday 17 Jul 20				
Saturday 18 Jul 20				
Sunday 19 Jul 20				
Long Run	xmiles multi pace			
	Coach:			
	Route:			
Monday 20 Jul 20				
Tuesday 21 Jul 20				
Paced Runs	5 miles 10-11 min miles	5 miles 9-10 min miles	7-8 miles multi pace	Beginners
	Coach:	Coach:	Coach:	Coach:
	Route:	Route:	Route:	Session:
Effort Sessions	xmiles multi pace	xmiles multi pace	xmiles multi pace	
	Coach:	Coach:	Coach:	
	Session:	Session:	Session:	
Wednesday 22 Jul 20				
Thursday 23 Jul 20				
Paced Runs		5 miles multi pace	7-8 miles multi pace	
		Coach:	Coach:	
		Route:	Route:	
Effort Sessions		xmiles multi pace		
		Coach:		
		Session:		
Friday 24 Jul 20				
Saturday 25 Jul 20				
Sunday 26 Jul 20				
Long Run	xmiles multi pace			
	Coach:			
	Route:			
Monday 27 Jul 20				
Tuesday 28 Jul 20				
Paced Runs	5 miles 10-11 min miles	5 miles 9-10 min miles	7-8 miles multi pace	Beginners
	Coach:	Coach:	Coach: relaxed -	Coach:
	Route:	Route:	Coach: faster -	Session:
Effort Sessions	xmiles multi pace	xmiles multi pace	xmiles multi pace	
	Coach:	Coach:	Coach:	
	Session:	Session:	Session:	
Wednesday 29 Jul 20				
Thursday 30 Jul 20				
Paced Runs		5 miles multi pace	7-8 miles multi pace	
		Coach:	Coach:	
		Route:	Route:	
Effort Sessions		xmiles multi pace		
		Coach:		
		Session:		
Friday 31 Jul 20				
Saturday 01 Aug 20				
Sunday 02 Aug 20				
Long Run	xmiles multi pace			
	Coach:			
	Route:			
Monday 3 Aug 20				
Tuesday 4 Aug 20				
Paced Runs	5 miles 10-11 min miles	5 miles 9-10 min miles	7-8 miles multi pace	Beginners
	Coach:	Coach:	Coach: relaxed -	Coach:
	Route:	Route:	Coach: faster -	Session:
Effort Sessions	xmiles multi pace	xmiles multi pace	xmiles multi pace	
	Coach:	Coach:	Coach:	
	Session:	Session:	Session:	
Wednesday 5 Aug 20				
Thursday 6 Aug 20				
Paced Runs		5 miles multi pace	7-8 miles multi pace	
		Coach:	Coach:	
		Route:	Route:	
Effort Sessions		xmiles multi pace		
		Coach:		
		Session:		
Friday 7 Aug 20				
Saturday 08 Aug 20				
Sunday 09 Aug 20				
Long Run	xmiles multi pace			
	Coach:			
	Route:			
Monday 10 Aug 20				
Tuesday 11 Aug 20				
Paced Runs	5 miles 10-11 min miles	5 miles 9-10 min miles	7-8 miles multi pace	Beginners
	Coach:	Coach:	Coach: relaxed -	Coach:
	Route:	Route:	Coach: faster -	Session:
Effort Sessions	xmiles multi pace	xmiles multi pace	xmiles multi pace	
	Coach:	Coach:	Coach:	
	Session:	Session:	Session:	
Wednesday 12 Aug 20				
Thursday 13 Aug 20				
Paced Runs		5 miles multi pace	7-8 miles multi pace	
		Coach:	Coach:	
		Route:	Route:	
Effort Sessions		xmiles multi pace		
		Coach:		
		Session:		
Friday 14 Aug 20				
Saturday 15 Aug 20				
Sunday 16 Aug 20				
Long Run	xmiles multi pace			
	Coach:			
	Route:			
Monday 17 Aug 20				
Tuesday 18 Aug 20				
Paced Runs	5 miles 10-11 min miles	5 miles 9-10 min miles	7-8 miles multi pace	Beginners
	Coach:	Coach:	Coach: relaxed -	Coach:
	Route:	Route:	Coach: faster -	Session:
Effort Sessions	xmiles multi pace	xmiles multi pace	xmiles multi pace	
	Coach:	Coach:	Coach:	
	Session:	Session:	Session:	

Effort Sessions	Coach:	Coach:	Coach:	
	Session:	Session:	Session:	
Wednesday 19 Aug 20				
Thursday 20 Aug 20				
Paced Runs		5 miles multi pace	7-8 miles multi pace	
		Coach:	Coach:	
		Route:	Route:	
Effort Sessions		xmiles multi pace		
		Coach:		
		Session:		
Friday 21 Aug 20				
Saturday 22 Aug 20				
Sunday 23 Aug 20				
Long Run	xmiles multi pace			
	Coach:			
	Route:			
Monday 17 Aug 20				
Tuesday 18 Aug 20				
Paced Runs	5 miles 10-11 min miles	5 miles 9-10 min miles	7-8 miles multi pace	Beginners
	Coach:	Coach:	Coach: relaxed -	Coach:
	Route:	Route:	Coach: faster -	Session:
Effort Sessions	xmiles multi pace	xmiles multi pace	xmiles multi pace	
	Coach:	Coach:	Coach:	
	Session:	Session:	Session:	
Wednesday 19 Aug 20				
Thursday 20 Aug 20				
Paced Runs		5 miles multi pace	7-8 miles multi pace	
		Coach:	Coach:	
		Route:	Route:	
Effort Sessions		xmiles multi pace		
		Coach:		
		Session:		
Friday 21 Aug 20				
Saturday 22 Aug 20				
Sunday 23 Aug 20				
Long Run	xmiles multi pace			
	Coach:			
	Route:			
Monday 24 Aug 20				
Tuesday 25 Aug 20				
Paced Runs	5 miles 10-11 min miles	5 miles 9-10 min miles	7-8 miles multi pace	Beginners
	Coach:	Coach:	Coach: relaxed -	Coach:
	Route:	Route:	Coach: faster -	Session:
Effort Sessions	xmiles multi pace	xmiles multi pace	xmiles multi pace	
	Coach:	Coach:	Coach:	
	Session:	Session:	Session:	
Wednesday 26 Aug 20				
Thursday 27 Aug 20				
Paced Runs		5 miles multi pace	7-8 miles multi pace	
		Coach:	Coach:	
		Route:	Route:	
Effort Sessions		xmiles multi pace		
		Coach:		
		Session:		
Friday 28 Aug 20				
Saturday 29 Aug 20				
Sunday 30 Aug 20				
Long Run	xmiles multi pace			
	Coach:			
	Route:			
Monday 31 Aug 20				
Tuesday 1 Sep 20				
Paced Runs	5 miles 10-11 min miles	5 miles 9-10 min miles	7-8 miles multi pace	Beginners
	Coach:	Coach:	Coach: relaxed -	Coach:
	Route:	Route:	Coach: faster -	Session:
Effort Sessions	xmiles multi pace	xmiles multi pace	xmiles multi pace	
	Coach:	Coach:	Coach:	
	Session:	Session:	Session:	
Wednesday 2 Sep 20				
Thursday 3 Sep 20				
Paced Runs		5 miles multi pace	7-8 miles multi pace	
		Coach:	Coach:	
		Route:	Route:	
Effort Sessions		xmiles multi pace		
		Coach:		
		Session:		
Friday 4 Sep 20				
Saturday 05 Sep 20				
Sunday 06 Sep 20				
Long Run	xmiles multi pace			
	Coach:			
	Route:			
Monday 7 Sep 20				
Tuesday 8 Sep 20				
Paced Runs	5 miles 10-11 min miles	5 miles 9-10 min miles	7-8 miles multi pace	Beginners
	Coach:	Coach:	Coach: relaxed -	Coach:
	Route:	Route:	Coach: faster -	Session:
Effort Sessions	xmiles multi pace	xmiles multi pace	xmiles multi pace	
	Coach:	Coach:	Coach:	
	Session:	Session:	Session:	
Wednesday 9 Sep 20				
Thursday 10 Sep 20				
Paced Runs		5 miles multi pace	7-8 miles multi pace	
		Coach:	Coach:	
		Route:	Route:	
Effort Sessions		xmiles multi pace		
		Coach:		
		Session:		
Friday 11 Sep 20				
Saturday 12 Sep 20				

Sunday 13 Sep 20				
Long Run	x miles multi pace Coach: Route:			
Monday 14 Sep 20				
Tuesday 15 Sep 20				
Paced Runs	5 miles 10-11 min miles	5 miles 9-10 min miles	7-8 miles multi pace	Beginners
	Coach:	Coach:	Coach: relaxed - Coach: faster -	Coach:
	Route:	Route:	Route:	Session:
Effort Sessions	x miles multi pace	x miles multi pace	x miles multi pace	
	Coach:	Coach:	Coach:	
	Session:	Session:	Session:	
Wednesday 16 Sep 20				
Thursday 17 Sep 20				
Paced Runs		5 miles multi pace	7-8 miles multi pace	
		Coach:	Coach:	
		Route:	Route:	
Effort Sessions		x miles multi pace		
		Coach:		
		Session:		
Friday 18 Sep 20				
Saturday 19 Sep 20				
Sunday 20 Sep 20				
Long Run	x miles multi pace Coach: Route:			
Monday 21 Sep 20				
Tuesday 22 Sep 20				
Paced Runs	5 miles 10-11 min miles	5 miles 9-10 min miles	7-8 miles multi pace	Beginners
	Coach:	Coach:	Coach: relaxed - Coach: faster -	Coach:
	Route:	Route:	Route:	Session:
Effort Sessions	x miles multi pace	x miles multi pace	x miles multi pace	
	Coach:	Coach:	Coach:	
	Session:	Session:	Session:	
Wednesday 23 Sep 20				
Thursday 24 Sep 20				
Paced Runs		5 miles multi pace	7-8 miles multi pace	
		Coach:	Coach:	
		Route:	Route:	
Effort Sessions		x miles multi pace		
		Coach:		
		Session:		
Friday 25 Sep 20				
Saturday 26 Sep 20				
Sunday 27 Sep 20				
Long Run	x miles multi pace Coach: Route:			
Monday 28 Sep 20				
Tuesday 29 Sep 20				
Paced Runs	5 miles 10-11 min miles	5 miles 9-10 min miles	7-8 miles multi pace	Beginners
	Coach:	Coach:	Coach: relaxed - Coach: faster -	Coach:
	Route:	Route:	Route:	Session:
Effort Sessions	x miles multi pace	x miles multi pace	x miles multi pace	
	Coach:	Coach:	Coach:	
	Session:	Session:	Session:	
Wednesday 30 Sep 20				
Thursday 1 Oct 20				
Paced Runs		5 miles multi pace	7-8 miles multi pace	
		Coach:	Coach:	
		Route:	Route:	
Effort Sessions		x miles multi pace		
		Coach:		
		Session:		
Friday 2 Oct 20				
Saturday 03 Oct 20				
Sunday 04 Oct 20				
Long Run	x miles multi pace Coach: Route:			
Monday 5 Oct 20				