

w/c	Mon	Wed or Thur	Sat or Sun
18-Feb	30mins continuous run	30mins continuous run	30mins continuous run - EASY
25-Feb	LoSS time trial	20-30mins continuous run	20mins continuous run - EASY OR LoSS XC @ Hadleigh castle
03-Mar	Track 1 - 20mins running, 5mins walking, 20mins running (total 45mins, 40mins running) Track 2 - 5mins running, 3x5mins effort (recover after each effort by waiting or walking back to rejoin main group - go again 5mins after completion of previous rep), finish run with main group (total 45mins, 30+ mins running with 15mins at a higher rate) If you did the XC yesterday - optional EASY 20mins	Track 1 - 20mins continuous run or 2x15mins with 5mins walk between (looking to break up the usual run to add scope for some recovery) Track 2 - 30-40mins continuous run, depending how you feel	Track 1 - 20mins running, 5 mins walking, 0-20mins running (whatever you feel up to) Track 2 - As Track 1, but try to run on hilly ground - eg: Hadleigh Castle Try to do this on Sat to give a day's rest before Monday's session
10-Mar	Track 1 - 25mins continuous run, 5mins walking, 10mins running, 5mins walking, 5 min running (total 45mins, 40mins running) Track 2 - Interval session: 6x3mins. First run for 10mins, stretch. Then run for 3mins at a tough pace. Rest for 3 mins, walk slowly and re-group. Repeat x6, then run for 5-10mins at the end slowly (total 53mins, 38mins running with 18mins at a higher rate)	35mins running total - run as far as you can, then walk for 5 mins, then run the remainder to 35mins.	Fartlek session - 35mins total running. Set off at an easy pace for 5mins, then add faster sections of between 30secs and 3mins interspersed with continuous easy running, add as many efforts as you like, try to vary the distances of the efforts. With this session in particular - <u>make sure it is enjoyable and not a trauma</u> . Try to do it off road.
17-Mar	Track 1 - Belton route time trial - get round as quick as you can - walk where you need to. Track 2 - Belton route - stop at Belton way and do 6x1min hill repetitions - walk/jog back down to recover, then complete Belton run - try to catch Track 1!?	35mins running total - run as far as you can, then walk for 5 mins, then run the remainder to 35mins.	30-40mins continuous run - off-road if possible, EASY pace enough to run without stopping
24-Mar	Track 1 - 30mins running, 5mins walking, 15mins running (total 50mins, 45mins running) Track 2 - 5mins running, 3x5mins effort (recover after each effort by waiting or walking back to rejoin main group - go again 5mins after completion of previous rep), finish run with main group (total 50mins, 35+ mins running with 15mins at a higher rate)	40mins running total - run as far as you can, then walk for 5 mins, then run the remainder to 40mins.	Track 1 - 25mins running, 5 mins walking, 0-20mins running (whatever you feel up to) Track 2 - 35mins continuous but try to run on hilly ground - eg: Hadleigh Castle Try to do this on Sat to give a day's rest before Monday's session
31-Mar	Track 1 - 45mins continuous run Track 2 - start with Track 1, follow same route, try to run faster. When you reach the finish, turn around and run back to the Track 1 group. Then run at their speed to the finish again. (45mins+ running @ faster pace)	45mins running total - run as far as you can, then walk for 5 mins, then run the remainder to 45mins.	Fartlek session - 45mins total running. Set off at an easy pace for 5mins, then add faster sections of between 30secs and 3mins interspersed with continuous easy running, add as many efforts as you like, try to vary the distances of the efforts. With this session in particular - <u>make sure it is enjoyable and not a trauma</u> . Try to do it off road.
07-Apr	Track 1 - Belton route time trial - get round as quick as you can - walk where you need to. Track 2 - Belton route - stop at Belton way and do 8x1min hill repetitions - walk/jog back down to recover, then complete Belton run - try to catch Track 1!?	50 mins running total - run as far as you can, then walk for 5 mins, then run the remainder to 50mins.	40-50mins continuous run - off-road if possible, EASY pace enough to run without stopping
14-Apr	Track 1 - 50mins continuous run Track 2 - start with Track 1, follow same route, try to run faster. When you reach the finish, turn around and run back to the Track 1 group. Then run at their speed to the finish again. (45mins+ running @ faster pace)	rest or EASY run of 20mins	Sunday 20th - Nicola 5 BEST OF LUCK!! - READ THE LOSS RACE DAY GUIDE TO COMPLETE YOUR PREPARATION!!
	light green means Track groups run separately		
	light blue means Track groups run mainly "together"		