

## Pitreavie AAC Endurance Training Plan: 2020

Phase	Day	Date	Start time	Session	Ready	Steady	Go	Description	Route	Approx. Distance	Recommended pace	Objective
Building Speed (Targeting Spring 5k-10k)	Thursday	02-Jan-19						HAPPY NEW YEAR				
	Tuesday	07-Jan-19	6:45pm	Speed	✓	✓	✓	800m x 6 (2 minutes recovery)	Pan Handle	5k	5k+	Targeting improved performance in 5k-5mile races
	Thursday	09-Jan-19	6:45pm	Hills	✗	✓	✓	8 x 30s / 6 x 45s / 4 x 1min (jog recovery between sets)	Skylark Road	2.5 miles	Hard efforts	Building an endurance base for up and coming season
	Tuesday	14-Jan-19	6:45pm	Speed	✓	✓	✓	1200m x 4 (3 minutes recovery)	Pan Handle	5k	5k+	Targeting improved performance in 5k-5mile races
	Thursday	16-Jan-19	6:45pm	Hills	✗	✓	✓	BENCHMARKING SESSION: Continuous Hills (35 mins)	Pitreavie Castle	3-5 miles	Controlled effort	Benchmarking session to help measure progress following hill training block
	Tuesday	21-Jan-19	6:45pm	Speed	✓	✓	✓	1600m x 3 (4 minutes recovery)	Pan Handle	5k	5k+	Targeting improved performance in 5k-5mile races
	Thursday	23-Jan-19	6:45pm	Hills	✗	✓	✓	Lamppost pyramid session (35 mins continuous) - Bottom to Top	Skylark Road	4 miles	Controlled effort	Building an endurance base for the next season
	Tuesday	28-Jan-19	6:45pm	Build Ups	✗	✓	✓	(2 mins Easy/2mins Marathon/2mins Half/2 mins 10k/2 mins 5k) x 4	Carnegie Ave/Castle Drive	4-6miles	Varied	Building speed endurance across longer intervals - targeting 10k-Half Marathon
	Thursday	30-Jan-19	6:45pm	Hills	✗	✓	✓	Lamppost pyramid session (35 mins continuous) - Top to Bottom	Skylark Road	4 miles	Controlled effort	Building an endurance base for up and coming season
	Tuesday	04-Feb-19	6:45pm	Build Ups	✗	✓	✓	(3 mins easy/3 mins Marathon/3 mins Half/3 mins 10k/3 mins 5k) x 3	Carnegie Ave/Castle Drive	4-6miles	Varied	Building speed endurance across longer intervals - targeting 10k-Half Marathon
	Thursday	06-Feb-19	6:45pm	Hills	✗	✓	✓	8 x 30s / 6 x 45s / 4 x 1min (jog recovery between sets)	Skylark Road	2.5 miles	Hard efforts	Building an endurance base for the next season
	Tuesday	11-Feb-19	6:45pm	Build Ups	✗	✓	✓	(2 mins Easy/3 mins Marathon/3 mins Half/4 mins 10k/4 mins 5k) x 3	Carnegie Ave/Castle Drive	4-6miles	Varied	Building speed endurance across longer intervals - targeting 10k-Half Marathon
	Thursday	13-Feb-19	6:45pm	Hills	✗	✓	✓	BENCHMARKING SESSION: Continuous Hills (35 mins)	Pitreavie Castle	3-5 miles	Controlled effort	Benchmarking session to help measure progress following hill training block
	Tuesday	18-Feb-19	6:45pm	Steady	✓	✓	✓	20 min - out and back	Abbey/Halbeath	4-6miles	HM	Building speed endurance across longer intervals - targeting 10k-Half Marathon
	Thursday	20-Feb-19	6:45pm	Recovery	✓	✓	✓	Group recce of handicap route	Handicap route	5 miles	Relaxed	Social run to recover at the end of training blocks
	Tuesday	25-Feb-19	6:45pm	Handicap	✗	✓	✓	Monthly handicap - use as time trial to benchmark fitness	Handicap route	5 miles	Race pace	5 mile time trial to measure improved performance
	Thursday	27-Feb-19	6:45pm	Tempo	✓	✓	✓	3 x 10 mins tempo (4 mins jog recovery)	Full Pan Handle	4-5 miles	5k-10k	Developing speed endurance (5k-10k racing)
	Tuesday	03-Mar-19	6:45pm	Steady	✗	✓	✓	25 min - out and back	Sandpiper/Dunlin (Amazon)	4-6 miles	HM	Continuous runs targeting near to race pace - aim to build up pace in order to run a negative split
	Thursday	05-Mar-19	6:45pm	Speed	✓	✓	✓	2 x (2x200m (1min)/2x400m (1m30s)/2x800m (2min))	Industrial Estate (Visa Centre)	3.5 miles	5k-10k	Targeting improved speed endurance
	Tuesday	10-Mar-19	6:45pm	Steady	✗	✓	✓	30 min - out and back	Woodmill/Linburn	5-7 miles	HM	Continuous runs targeting near to race pace - aim to build up pace in order to run a negative split
Thursday	12-Mar-19	6:45pm	Speed	✓	✓	✓	5 x (3mins out/1min recovery/3mins back)	Industrial Estate (Visa Centre)	3.5 miles	5k	Targeting improved speed endurance	
Tuesday	17-Mar-19	6:45pm	Steady	✗	✓	✓	35 min - out and back	High Street/Garvock	6-8 miles	HM	Continuous runs targeting near to race pace - aim to build up pace in order to run a negative split	
Thursday	19-Mar-19	6:45pm	Speed	✓	✓	✓	6 x 700m loops (Gym Loop) - 2 mins recovery	Industrial Estate (Gym Loop)	3 miles	5k	Targeting improved speed endurance	
Tuesday	24-Mar-19	6:45pm	Tempo	✓	✓	✓	4 x 10 mins tempo (3 mins jog recovery)	Pitreavie Playing Fields	3-5 miles	5k-10k	Developing speed endurance (5k-10k racing)	

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Phase	Day	Date	Start time	Session	Ready	Steady	Go	Description	Route	Approx. Distance	Recommended pace	Objective	
Speed/Endurance (Targeting Half Marathon-Marathon)	Thursday	26-Mar-19	6:45pm	Speed	✓	✓	✓	8 x 700m loops (Gym Loop) - 2 mins recovery	Industrial Estate (Gym Loop)	4 miles	5k	Targeting improved speed endurance	
	Sunday 29th March - CLOCKS GO FORWARD 1 HOURS												
	Tuesday	31-Mar-19	6:45pm	Handicap	✗	✓	✓	Monthly handicap - use as time trial to benchmark fitness	Handicap route	5 miles	Race pace	5 mile time trial to measure improved performance	
	Thursday	02-Apr-19	6:45pm	Recovery	✓	✓	✓	20 min - out and back	Patiesmuir	4-5 miles	Relaxed/Steady	Easier paced recovery run - Partner up	
	Tuesday	07-Apr-19	6:45pm	Tempo	✓	✓	✓	6 x 1000m (3 min rest)	Lapwing/Aberdour/Masterton	6k	5k-10k	Building speed endurance across longer intervals - targeting 10K-Half Marathon	
	Thursday	09-Apr-19	6:45pm	Tempo	✓	✓	✓	25 min continuous tempo run	Pitreavie Playing Fields	2-4 miles	5k-10k	Developing speed endurance (5k-10k racing)	
	Tuesday	14-Apr-19	6:45pm	Tempo	✓	✓	✓	7 x 1000m (3 min rest)	Lapwing/Aberdour/Masterton	7k	5k-10k	Building speed endurance across longer intervals - targeting 10K-Half Marathon	
	Thursday	16-Apr-19	6:45pm	Tempo	✓	✓	✓	4 x 10 mins (3 mins jog recovery)	Pitreavie Playing Fields	3-5 miles	5k-10k	Developing speed endurance (5k-10k racing)	
	Tuesday	21-Apr-19	6:45pm	Tempo	✓	✓	✓	8 x 1000m (3 min rest)	Lapwing/Aberdour/Masterton	8k	5k-10k	Building speed endurance across longer intervals - targeting 10K-Half Marathon	
	Thursday	23-Apr-19	6:45pm	Tempo	✓	✓	✓	35 min continuous tempo run	Pitreavie Playing Fields	3-5 miles	5k-10k	Developing speed endurance (5k-10k racing)	
	Tuesday	28-Apr-19	6:45pm	Handicap	✗	✓	✓	Monthly handicap - use as time trial to benchmark fitness	Handicap route	5 miles	Race pace	5 mile time trial to measure improved performance	
	Thursday	30-Apr-19	6:45pm	Recovery	✓	✓	✓	20 min - out and back	Patiesmuir	4-5 miles	Relaxed/Steady	Easier paced recovery run - Partner up	
	Tuesday	05-May-19	6:45pm	Hills	✗	✓	✓	3 x Lane (Up (0.75mile)/Down (0.75mile)) - 2 min recovery at top	Pitreavie Lane	4.5 miles	Controlled effort	Building endurance/stamina	
	Thursday	07-May-19	6:45pm	Tempo	✓	✓	✓	Group session: 4 X 1 mile (3 min rest recovery)	Pitreavie Playing Fields	4 miles	5k-10k	Building speed endurance across longer intervals - targeting 10K-Half Marathon	
	Tuesday	12-May-19	6:45pm	Hills	✗	✓	✓	3 x Lane (Up (0.75mile)/Down (0.75mile)) - 2 min recovery either end	Pitreavie Lane	4.5 miles	Controlled effort	Building endurance/stamina	
	Thursday	14-May-19	6:45pm	Tempo	✓	✓	✓	Group session: 5 X 1 mile (3 min rest recovery)	Pitreavie Playing Fields	5 miles	5k-10k	Building speed endurance across longer intervals - targeting 10K-Half Marathon	
	Tuesday	19-May-19	6:45pm	Hills	✗	✓	✓	4 x Lane (Up (0.75mile)/Down (0.75mile)) - 2 min recovery either end	Pitreavie Lane	6 miles	Controlled effort	Building endurance/stamina	
	Thursday	21-May-19	6:45pm	Tempo	✓	✓	✓	Group session: 2 x 2 miles (5 mins rest recovery)	Pitreavie Playing Fields	4 miles	5k-10k	Building speed endurance across longer intervals - targeting 10K-Half Marathon	
	Tuesday	26-May-19	6:45pm	Handicap	✗	✓	✓	Monthly handicap - use as time trial to benchmark fitness	Handicap route	5 miles	Race pace	5 mile time trial to measure improved performance	
	Thursday	28-May-19	6:45pm	Recovery	✓	✓	✓	5k recovery (Calais Muir Woods - all 3 loops)	Calais Muir Woods	3-4 miles	10k	Developing speed endurance (5k-10k racing)	
	Tuesday	02-Jun-19	6:45pm	Speed	✓	✓	✓	Relay (in pairs): 2 sets of 6 Loops (recovery is time partner takes to run) - 5 minutes between sets (circa 400m per loop)	Grass Pitreavie	5k	5k+	Targeting improved performance in 5k-5mile races	
	Thursday	04-Jun-19	6:45pm	Steady	✗	✓	✓	25 min - out and back	Pittencrieff Out and Back	5-6 miles	HM	Continuous runs targeting near to race pace - aim to build up pace in order to run a negative split	
	Tuesday	09-Jun-19	6:45pm	Speed	✓	✓	✓	Relay (in pairs): 2 sets of 6 Loops (recovery is time partner takes to run) - 5 minutes between sets (circa 400m per loop)	Grass Pitreavie	5k	5k+	Targeting improved performance in 5k-5mile races	
	Thursday	11-Jun-19	6:45pm	Steady	✗	✓	✓	30 min - out and back	Limeklins out and back	5-7 miles	HM	Continuous runs targeting near to race pace - aim to build up pace in order to run a negative split	
	Tuesday	16-Jun-19	6:45pm	Speed	✓	✓	✓	Relay (in pairs): 2 sets of 6 Loops (recovery is time partner takes to run) - 5 minutes between sets (circa 400m per loop)	Grass Pitreavie	5k	5k+	Targeting improved performance in 5k-5mile races	
	Thursday	18-Jun-19	6:45pm	Steady	✗	✓	✓	35 min - out and back	Fife Coastal Path (Meet Balast Bank)	6-8 miles	HM	Continuous runs targeting near to race pace - aim to build up pace in order to run a negative split	
	Tuesday	23-Jun-19	6:45pm	Speed	✓	✓	✓	Relay (in pairs): 2 sets of 6 Loops (recovery is time partner takes to run) - 5 minutes between sets (circa 400m per loop)	Grass Pitreavie	5k	5k+	Targeting improved performance in 5k-5mile races	
	Thursday	25-Jun-19	6:45pm	Steady	✗	✓	✓	35 min - out and back	South Queensferry (Dalmeny)	6-8 miles	HM	Continuous runs targeting near to race pace - aim to build up pace in order to run a negative split	
Tuesday	30-Jun-19	6:45pm	Handicap	✗	✓	✓	Monthly handicap - use as time trial to benchmark fitness	Handicap route	5 miles	Race pace	5 mile time trial to measure improved performance		

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Phase	Day	Date	Start time	Session	Ready	Steady	Go	Description	Route	Approx. Distance	Recommended pace	Objective
Maintenance (Carrying fitness/form through summer/autumn events)	Thursday	02-Jul-19	6:45pm	Build Ups	X	✓	✓	(2 mins Easy/2mins Marathon/2mins Half/2 mins 10k/2 mins 5k) x 4	Calais Muir Woods	4-6miles	Varied	Building speed endurance across longer intervals - targeting 10k-Half Marathon
	Tuesday	07-Jul-19	6:45pm	Speed	✓	✓	✓	Group session: 6 x 800m (2 min rest)	Grass Pitreavie	3 miles	5k+	Targeting improved performance in 5k-5mile races
	Thursday	09-Jul-19	6:45pm	Build Ups	X	✓	✓	(3 mins easy/3 mins Marathon/3 mins Half/3 mins 10k/3 mins 5k) x 3	Calais Muir Woods	4-6miles	Varied	Building speed endurance across longer intervals - targeting 10k-Half Marathon
	Tuesday	14-Jul-19	6:45pm	Speed	✓	✓	✓	Group session: 7 x 800m (2 min rest)	Grass Pitreavie	3.5 miles	5k+	Targeting improved performance in 5k-5mile races
	Thursday	16-Jul-19	6:45pm	Build Ups	X	✓	✓	(2 mins Easy/3 mins Marathon/3 mins Half/4 mins 10k/4 mins 5k) x 3	Calais Muir Woods	4-6miles	Varied	Building speed endurance across longer intervals - targeting 10k-Half Marathon
	Tuesday	21-Jul-19	6:45pm	Speed	✓	✓	✓	Group session: 8 x 800m (2 min rest)	Grass Pitreavie	4 miles	5k+	Targeting improved performance in 5k-5mile races
	Thursday	23-Jul-19	6:45pm	Steady	X	✓	✓	30 min - out and back	Fife Coastal Path (Meet Balast Bank)	6-8 miles	HM	Continuous runs targeting near to race pace - aim to build up pace in order to run a negative split
	Tuesday	28-Jul-19	6:45pm	Handicap	X	✓	✓	Monthly handicap - use as time trial to benchmark fitness	Handicap route	5 miles	Race pace	5 mile time trial to measure improved performance
	Thursday	30-Jul-19	6:45pm	Recovery	✓	✓	✓	20 min - out and back	Patiesmuir	4-5 miles	Relaxed/Steady	Easier paced recovery run - Partner up
	Tuesday	04-Aug-19	6:45pm	Speed	✓	✓	✓	(10min easy & build ups) 4 x 200m / 4 x 100m / 4 x 50m (10 min warm down)	Grass Pitreavie	2k	Sprint	Targeting improved leg turnover and speed endurance
	Thursday	06-Aug-19	6:45pm	Tempo	✓	✓	✓	8 x 0.5 mile (bottom section/top section) 2min recovery	Pittencrief Park	4 miles	10k	Building speed endurance across longer intervals - targeting 10k-Half Marathon
	Tuesday	11-Aug-19	6:45pm	Speed	✓	✓	✓	(10min easy & build ups) 4 x 200m / 4 x 100m / 4 x 50m (10 min warm down)	Grass Pitreavie	2.8k	Sprint	Targeting improved leg turnover and speed endurance
	Thursday	13-Aug-19	6:45pm	Tempo	✓	✓	✓	8 x 0.5 mile (bottom section/top section) 2min recovery	Pittencrief Park	4 miles	10k	Building speed endurance across longer intervals - targeting 10k-Half Marathon
	Tuesday	18-Aug-19	6:45pm	Speed	✓	✓	✓	(10min easy & build ups) 10 x 30s (10 min warm down)	Grass Pitreavie	3.2k	Sprint	Targeting improved leg turnover and speed endurance
	Thursday	20-Aug-19	6:45pm	Tempo	✓	✓	✓	4 x 1 mile (Full loop) 3 min recovery	Pittencrief Park	4 miles	10k	Building speed endurance across longer intervals - targeting 10k-Half Marathon
	Tuesday	25-Aug-19	6:45pm	Handicap	X	✓	✓	Monthly handicap - use as time trial to benchmark fitness	Handicap route	5 miles	Race pace	5 mile time trial to measure improved performance
	Thursday	27-Aug-19	6:45pm	Recovery	✓	✓	✓	20 min - out and back	Patiesmuir	4-5 miles	Relaxed/Steady	Easier paced recovery run - Partner up
	Tuesday	01-Sep-19	6:45pm	Speed	✓	✓	✓	2 x (1/1.5/2/3/2/1.5/1) - 1 min jog recovery/5 mins between sets (30mins)	Grass Pitreavie	4miles	5k+	Targeting improved leg turnover and speed endurance
	Thursday	03-Sep-19	6:45pm	Hills	X	✓	✓	Hills - 25 mins continuous hill loop	Public Park (Underpass loop)	5k	Controlled effort	Building endurance/stamina
	Tuesday	08-Sep-19	6:45pm	Speed	✓	✓	✓	2 x (2/3/4/3/2 mins) - 1 min jog recovery/5 mins between sets (35mins)	Grass Pitreavie	5miles	5k+	Targeting improved leg turnover and speed endurance
Thursday	10-Sep-19	6:45pm	Hills	X	✓	✓	Hills - continuous pyramid (30 mins) - using paths as turning points	Public Park (From train station)	5k	Controlled effort	Building endurance/stamina	
Tuesday	15-Sep-19	6:45pm	Speed	✓	✓	✓	2 x (3/4/5/4/3 mins) - 1 min jog recovery/5 mins between sets (45mins)	Grass Pitreavie	5miles	5k+	Targeting improved leg turnover and speed endurance	
Thursday	17-Sep-19	6:45pm	Hills	X	✓	✓	Hills - continuous pyramid (35 mins) - using paths as turning points	Public Park (Bandstand loops)	4miles	Controlled effort	Building endurance/stamina	
Tuesday	15-Sep-19	6:45pm	Speed	✓	✓	✓	2 x (2x200m (1min)/2x400m (1m30s)/2x800m (2min))	Industrial Estate	3.5 miles	5k-10k	Targeting improved speed endurance	

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Phase	Day	Date	Start time	Session	Ready	Steady	Go	Description	Route	Approx. Distance	Recommended pace	Objective	
Endurance (Building your base)	Thursday	24-Sep-19	6:45pm	XC Tempo	X	✓	✓	6 x 5 mins Tempo (2 mins jog recovery)	Pitreavie playing Fields (floodlights)	4-6miles	5k-10k	Developing speed endurance on softer ground for those looking to do XC	
	Tuesday	29-Sep-19	6:45pm	Handicap	X	✓	✓	Monthly handicap - use as time trial to benchmark fitness	Handicap route	5 miles	Race pace	5 mile time trial to measure improved performance	
	Thursday	01-Oct-19	6:45pm	Recovery	✓	✓	✓	20 min - out and back	Abbey/High Street	4-5 miles	Relaxed/Steady	Easier paced recovery run - Partner up	
	Tuesday	06-Oct-19	6:45pm	Speed	✓	✓	✓	5 x (3mins out/1min recovery/3mins back)	Industrial Estate (Visa Centre)	3.5 miles	5k	Targeting improved speed endurance	
	Thursday	08-Oct-19	6:45pm	XC Tempo	X	✓	✓	10 mins Tempo (4 mins jog recovery)/ 8 T (3 JR) / 6 T (2 JR) / 4 T (2 JR) / 2 T	Pitreavie playing Fields (floodlights)	4-6miles	5k-10k	Developing speed endurance on softer ground for those looking to do XC	
	Tuesday	13-Oct-19	6:45pm	Speed	✓	✓	✓	6 x 700m loops (Gym Loop) - 2 mins recovery	Industrial Estate (Gym Loop)	3 miles	5k	Targeting improved speed endurance	
	Thursday	15-Oct-19	6:45pm	XC Tempo	X	✓	✓	3 x 10 mins tempo (4 mins jog recovery)	Pitreavie playing Fields (floodlights)	4-5 miles	5k-10k	Developing speed endurance on softer ground for those looking to do XC	
	Tuesday	20-Oct-19	6:45pm	Speed	✓	✓	✓	8 x 700m loops (Gym Loop) - 2 mins recovery	Industrial Estate (Gym Loop)	4 miles	5k	Targeting improved speed endurance	
	Thursday	22-Oct-19	6:45pm	XC Tempo	X	✓	✓	30 mins continuous tempo	Pitreavie playing Fields (floodlights)	4-5 miles	5k-10k	Developing speed endurance on softer ground for those looking to do XC	
	Sunday 25th October - CLOCKS GO BACK 1 HOUR												
	Tuesday	27-Oct-19	6:45pm	Handicap	X	✓	✓	Monthly handicap - use as time trial to benchmark fitness	Handicap route	5 miles	Race pace	5 mile time trial to measure improved performance	
	Thursday	29-Oct-19	6:45pm	Recovery	✓	✓	✓	20 min - out and back	Linburn Road/Halbeath	4-5 miles	Relaxed/Steady	Easier paced recovery run - Partner up	
	Tuesday	03-Nov-19	6:45pm	Steady	X	✓	✓	25 min - out and back	Sandpiper/Dunlin (Amazon)	6-8miles	HM	Continuous runs targeting near to race pace - aim to build up pace in order to run a negative split	
	Thursday	05-Nov-19	6:45pm	Hills	X	✓	✓	BENCHMARKING SESSION: Continuous Hills (35 mins)	Pitreavie Castle	3-5 miles	Controlled effort	Benchmarking session to help measure progress following hill training block	
	Tuesday	10-Nov-19	6:45pm	Steady	X	✓	✓	30 min - out and back	Woodmill/Linburn	6-8miles	HM	Continuous runs targeting near to race pace - aim to build up pace in order to run a negative split	
	Thursday	12-Nov-19	6:45pm	Hills	X	✓	✓	Lamppost pyramid session (35 mins continuous) - Bottom to Top	Skylark Road	4 miles	Controlled effort	Building an endurance base for up and coming season	
	Tuesday	17-Nov-19	6:45pm	Steady	X	✓	✓	35 min - out and back	High Street/Garvock	6-8miles	HM	Continuous runs targeting near to race pace - aim to build up pace in order to run a negative split	
	Thursday	19-Nov-19	6:45pm	Hills	X	✓	✓	Lamppost pyramid session (35 mins continuous) - Top to Bottom	Skylark Road	4 miles	Controlled effort	Building an endurance base for up and coming season	
	Tuesday	24-Nov-19	6:45pm	Tempo	✓	✓	✓	25 min continuous tempo run	Full Pan Handle	3-4 miles	5k-10k	Developing speed endurance (5k-10k racing)	
	Thursday	26-Nov-19	6:45pm	Hills	X	✓	✓	8 x 30s / 6 x 45s / 4 x 1min (jog recovery between sets)	Skylark Road	2.5 miles	Hard efforts	Building an endurance base for up and coming season	
	Tuesday	01-Dec-19	6:45pm	Tempo	✓	✓	✓	30 min continuous tempo run	Full Pan Handle	3-4 miles	5k-10k	Developing speed endurance (5k-10k racing)	
	Thursday	03-Dec-19	6:45pm	Hills	X	✓	✓	BENCHMARKING SESSION: Continuous Hills (35 mins)	Pitreavie Castle	3-5 miles	Controlled effort	Benchmarking session to help measure progress following hill training block	
	Tuesday	08-Dec-19	6:45pm	Tempo	✓	✓	✓	35 min continuous tempo run	Full Pan Handle	4-5 miles	5k-10k	Developing speed endurance (5k-10k racing)	
	Thursday	10-Dec-19	6:45pm	Hills	X	✓	✓	35 mins continuous hill loop	Public Park (Underpass loop)	3-4 miles	Controlled effort	Building an endurance base for the next season	
Tuesday	15-Dec-19	6:45pm	Tempo	✓	✓	✓	4 x 10 mins (3 mins jog recovery)	Carnegie Ave/Castle Drive	3-5 miles	5k-10k	Social run to recover at the end of training blocks		
Thursday	17-Dec-19	6:45pm	Handicap	X	✓	✓	Ho Ho Handicap Recce	Ho Ho Handicap Route	3.5 miles	Relaxed/Steady	Recce of our Festive handicap route		
Tuesday	22-Dec-19	6:45pm	Hills	X	✓	✓	35 mins continuous hill loop (lamppost pyramid)	High Street	4-5 miles	Controlled effort	Building an endurance base for the next season		
Thursday	24-Dec-19	6:45pm	n/a				MERRY XMAS	n/a	n/a	n/a	n/a		