



Training Plan Horwich RMI 2018



Date	Training session A	XC & Road RMI Club Races	Fell English/Brit
Jan 2	Time Trial 5 x 1000m 3 mins rec	6 th County XC's	
Jan 9	2 x 4 x 1200 (75 secs + 3 mins)		
Jan 16	2 x 4 x 1200 (60 secs + 3 mins)		
Jan 23	2 x 4 x 1200 (60 secs + 2 mins)	27 th Northern XC	
Jan 30	Speed End 4 x 800 5 x 600 6 x 400 (75) [3]		
Feb 6	Speed End 4 x 800 5 x 600 6 x 400 (60) [3]		
Feb 13	Speed End 4 x 800 5 x 600 6 x 400 (45) [3]		
Feb 20	Time Trial 5 x 1000m 3 mins rec	24 th Nationals Parliament Hill	
Feb 27	Strength End 4 x 8 mins (60 rec)		
Mar 6	Strength end 4 x 8 mins (50 rec)		11 th Edale AL English
Mar 13	Strength end 4 x 8 mins (45 rec)		
March 20	Time Trial 5 x 1000m 3 mins rec	23 rd Northern 12 & 6 Relays	
March 27	Speed End partner running x 800m		31 st PIKE RACE
Apr 3	Speed End 4 x 4 x 400 4 x 200		
April 10	Time Trial 5 x 1000m 3 mins rec		
April 17	2 x 400, 2 x 600, 2 x 800, 2 x 600, 2 x 400	National 12 & 6	
April 24 th	800's as 500 (60) + 300 (90) x 8		
May 1	800's as 500 (45) + 300 (75) x 8		6 th Clough Head AS English
May 8 th	3 x 600 3 x 500 3 x 400 3 x 300		
May 15 th	Speed end 3 x 4 x 500m	16 TH JUBILEE	19 th Inter Counties Lads Leap AS
May 22 nd	Varied Pace whistle x 15 secs 8 x 4 mins (60 secs rec)		
May 29 th	3 x 3 x 700 60sec jog 4 mins		
June 5 th	Time Trial 5 x 1000m 3 mins rec		
June 12 th	Strength End 6 x 1200m		14 th 2 LADS
June 19 th	Speed end 4 x 800 5x 600 6 x 400	20 TH JUBILEE	23 rd Buttermere Horseshoe AL English/British
June 26 th	Speed end 2 x 5 x 500 (75 + 3mins)		
July 3 rd	Speed end 2 x 5 x 500 (60 + 3 mins)		
July 10 th	Strength End 8 x 5 mins (90)		14 th Sea to Summit AM IoM English
July 17 th	Time Trial 5 x 1000m 3 mins rec	18 TH JUBILEE	

July 24 th	Speed end 3 x 6 x 300 jog rec (60)		
August 1st	Strength End 8 x 700 100 jog rec		
Aug 8 th	Strength End 3 x 3 x 1000m		Turner Landscape AM English
Aug 15 th	Strength End 4 x 8 mins turn a round		
Aug 22 st	Strength End 5 x 8 mins		
Aug 29 th	Speed End 4 x 4 x 400 4 x 200		
Sept 5 th	Strength end 8 x 5 mins		
Sept 12 th	Time Trial 5 x 1000m 3 mins rec		15 th Sept Cautley Horseshoe AS English
Sept 19 th	8 x 800 as 600 (30) 200 (60)		
Sept 26 th	8 x Overlapping 800's		
Oct 3 th	Speed End 4 x 800 5 x 600 6 x 400		British Fell Relays Grasmere???
Oct 10 th	Strength End 4 x 8 mins (90 rec)		
Oct 17 ^h	5 x 5 mins (60) 5 x 3 mins (45)		
Oct 24 rd	Time Trial 5 x 1000m 3 mins rec		
Oct 31 st	Strength End 4 x 8 mins (60 rec)		
Nov 7 th			
Nov 14 th	Speed End 3 x 3 x 700m (100 jog)		
Nov 21 th	Speed End partner running x 800m		
Nov 28 th	Speed End 4 x 4 x 400 (60/45 & 3)		
Dec 4 th	Time Trial 5 x 1000m 3 mins rec		
Dec 11 th	Strength End 5 x 8 mins (90 rec)		

These sessions may change once we know the club championship races and key club races.

If anyone would like to do a specific session, please let me know and will try and find an appropriate slot.

