



# Training Plan Horwich RMI 2017



Date	Training session A	B	Competition
Jan 3	2 x 4 x 800 (60 secs + 3 mins)	2 x 2 x 800	
<b>Jan 10</b>	<b>Time Trial 5 x 1000m 3 mins rec</b>	<b>3 or 5</b>	
Jan 17	2 x 4 x 1200 (75 secs + 3 mins)	2 x 4 x 800	
Jan 24	2 x 4 x 1200 (60 secs + 3 mins)	2 x 4 x 800	
Jan 31	2 x 4 x 1200 (60 secs + 2 mins)	2 x 4 x 800	
Feb 7	Speed End 4 x 800 5 x 600 6 x 400 (75) [3]	2 x 800 3 x 600 3 x 400	
Feb 14	Speed End 4 x 800 5 x 600 6 x 400 (60) [3]	2 x 800 3 x 600 3 x 400	
Feb 21	Speed End 4 x 800 5 x 600 6 x 400 (45) [3]	2 x 800 3 x 600 3 x 400	
<b>Feb 28</b>	<b>Time Trial 5 x 1000m 3 mins rec</b>	<b>3 or 5</b>	
Mar 7	Strength End 4 x 8 mins (60 rec)	4 x 8 mins	
Mar 14	Strength end 4 x 8 mins (50 rec)	4 x 8 mins	
March 22	Strength end 4 x 8 mins (45 rec)	4 x 8 mins	
March 28	Speed End partner running x 800m		
Apr 4	Speed End 4 x 4 x 400 4 x 200	4 x 2 x 400 4 x 200	
<b>April 11</b>	<b>Time Trial 5 x 1000m 3 mins rec</b>	<b>3 or 5</b>	
April 18	2 x 400, 2 x 600, 2 x 800, 2 x 600, 2 x 400		
April 25th	800's as 500 (60) + 300 (90) x 8	8 x 500	
May 2	800's as 500 (45) + 300 (75) x 8	8 x 500	
May 9 <sup>th</sup>	3 x 600 3 x 500 3 x 400 3 x 300	2 x rep's	
May 16 <sup>th</sup>	Speed end 3 x 4 x 500m	3 x 3 x 500	
May 23 <sup>nd</sup>	Varied Pace whistle x 15 secs 8 x 4 mins (60 secs rec)		
<b>May 30<sup>th</sup></b>	<b>Time Trial 5 x 1000m 3 mins rec</b>		
June 6 <sup>th</sup>	Overlapping 800's x 8	X 6	
June 13 <sup>th</sup>	Strength End 6 x 1200m	6 x 800	
June 20 <sup>th</sup>	Speed end 4 x 800 5x 600 6 x 400		
June 27 <sup>th</sup>	Speed end 2 x 5 x 500 (75 + 3mins)		
July 4 <sup>rd</sup>	Speed end 2 x 5 x 500 (60 + 3 mins)	2 x 3 x 500	
July 11 <sup>th</sup>	Strength End 8 x 5 mins (90)		
<b>July 18<sup>th</sup></b>	<b>Time Trial 5 x 1000m 3 mins rec</b>		
July 25 <sup>th</sup>	Speed end 3 x 6 x 300 jog rec (60)	3 x 4	
August 1 <sup>st</sup>	Strength End 8 x 700 100 jog rec		
Aug 8 <sup>th</sup>	Strength End 3 x 3 x 1000m		
Aug 15 <sup>th</sup>	Strength End 4 x 8 mins turn a round		
Aug 22 <sup>st</sup>	Strength End 5 x 8 mins		
Aug 29 <sup>th</sup>	Speed End 4 x 4 x 400 4 x 200		

Sept 5 <sup>th</sup>	Strength end 8 x 5 mins		
Sept 12 <sup>th</sup>	Time Trial 5 x 1000m 3 mins rec		
Sept 19 <sup>th</sup>	8 x 800 as 600 (30) 200 (60)	8 x 600	
Sept 26 <sup>th</sup>	8 x Overlapping 800's		
Oct 3 <sup>th</sup>	Speed End 4 x 800 5 x 600 6 x 400	2, 3, 3 x 400	
Oct 10 <sup>th</sup>	Strength End 4 x 8 mins (90 rec)		
Oct 17 <sup>h</sup>	5 x 5 mins (60) 5 x 3 mins (45)		
Oct 24 <sup>rd</sup>	Time Trial 5 x 1000m 3 mins rec		
Oct 31 <sup>st</sup>	Strength End 4 x 8 mins (60 rec)		
Nov 7 <sup>th</sup>			
Nov 14 <sup>th</sup>	Speed End 3 x 3 x 700m (100 jog)		
Nov 21 <sup>th</sup>	Speed End partner running x 800m		
Nov 28 <sup>th</sup>	Speed End 4 x 4 x 400 (60/45 & 3)		
Dec 4 <sup>th</sup>	Time Trial 5 x 1000m 3 mins rec		
Dec 11 <sup>th</sup>	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.

