

Tadworth AC Winter 2018 - 2019 Training Plan

Date & Day	Session-Non-Marathon	Session-Marathon	Leader	Time & Location
05.09.18 Wednesday	Med-fast:12-15 laps: 100m jog, 200m med-fast, 100m fast + 1 Mile TT or 8-10 as above	Marathon training to be advised	Alan	19.15 Track KT19 9RY
11.09.18 Tuesday	Hills Head Torch Essential	Marathon training to be advised	Hazel	19.15 Derby Stables Road KT18 5LB
19.09.18 Wednesday	Med-Fast: 5 X 2 laps fast (10 % faster than 5k pace) with 1 lap jog after each rep or 4 X 2 as above	Marathon training to be advised	Mark	19.15 Track KT19 9RY
25.09.18 Tuesday	Med-fast: Pyramids: 1 lap:1 min rest; 2 laps: 2 min rest; 3 laps:3 min rest; 2 laps: 2 min rest; 1 lap:1 min rest; or Pyramids: 1 lap:1 min rest; 2 laps: 2 min rest; 1 lap:1 min rest; 2 laps: 2 min rest;	Marathon training to be advised	Hazel	19.15 Waterer Gardens KT20 5PB
03.10.18 Wednesday	Med-Fast: 10 x 400m 1 min walk rest Slow: 8 as above 1 mile TT	Marathon training to be advised	Steve	19.15 Track KT19 9RY
9.10.18 Tuesday	Hills Head Torch Essential	Marathon training to be advised	Mark	19.15 Derby Stables Road KT18 5LB

Tadworth AC Winter 2018 - 2019 Training Plan

17.10.18 Wednesday	Med-Fast: 16 x 200 m sprint, 200 jog Slow: 10-12 as above	Marathon training to be advised	Hazel	19.15 Track KT19 9RY
23.10.18 Tuesday	Trains – 1-2-3-2-1 lap pyramid with one minute rest	Marathon training to be advised	Steve (assisted by Mary and Alan)	19.15 Waterer Gardens KT20 5PB
30.10.18 Tuesday	Hills Head Torch Essential	Marathon training to be advised	Alan	19.15 Derby Stables Road KT18 5LB
07.11.18 Wednesday	Med-fast: 10 x 400m with 1 min rest or 8 as above 1 mile TT	Marathon training to be advised	Mary	19.15 Track KT19 9RY
13.11.18 Tuesday	Hills Head Torch Essential	Marathon training to be advised	Hazel	19.15 Derby Stables Road KT18 5LB
20.11.18 Tuesday	Med-fast: Pyramids: 1 lap:1 min rest; 2 laps: 2 min rest; 3 laps:3 min rest; 2 laps: 2 min rest; 1 lap:1 min rest; Slow: Pyramids: 1 lap:1 min rest; 2 laps: 2 min rest; 1 lap:1 min rest; 2 laps: 2 min rest;	Marathon training to be advised	Mark	19.15 Waterer Gardens KT20 5PB
27.11.18 Tuesday	Hills Head Torch Essential	Marathon training to be advised	Alan	19.15 Derby Stables Road KT18 5LB

Tadworth AC Winter 2018 - 2019 Training Plan

05.12.18 Wednesday	Med- Fast: 3 x 3 laps with 1 lap jog/walk Slow: 3 x 2 as above 1 mile TT	Marathon training to be advised	Steve	19.15 Track KT19 9RY
11.12.18 Tuesday	Med-fast: 12 x top lamp post to bottom lamp post, with walk/jog to next lamppost recovery Slow: 10 as above	Marathon training to be advised	Mary	19.15 Waterer Gardens KT20 5PB
19.12.18 Wednesday	Med-Fast: 10 x 400m in pairs relay-1 rests while the other runs or 8 as above	Marathon training to be advised	Mark	19.15 Track KT19 9RY
25.12.17 Tuesday	No Training Christmas Day	No Training Christmas Day		
02.01.19 Wednesday	Med-Fast: Pyramids: 1 x 1x 400, 1 x 600, 1 x 800, 1x1200, 1 x 800, 1 x 600, 1 x 400, 1 x 400 with walk/jog rest of 30 secs, 2 min rest between each or 1 x 400, 1x 400, 1 x 800, 1 x 400, 1x 400, 1x 800 with walk/jog , 2 min between each 1 mile TT	8 laps (2 miles) 1 lap jog 4 laps (1 mile) 1 lap jog 8 laps (2 miles) then jog laps to warm down	TBC	19.15 Track KT19 9RY
08.01.19 Tuesday	Med-Fast: 6 x 2 laps walk/jog to top/bottom lamppost recovery Slow: 5 x 2 laps as above	4 laps, 3 laps, 2 laps, 1 lap and back up again to 4 laps with 2 min walk between each rep	Alan	19.15 Waterer Gardens KT20 5PB

Tadworth AC Winter 2018 - 2019 Training Plan

16.01.19 Wednesday	Med-fast:12-15 laps: 100m jog, 200m med-fast, 100m fast Slow: 8-10 as above	4x 4 laps at 5 km pace with lap jog between each rep	Hazel	19.15 Track KT19 9RY
22.01.19 Tuesday	Hills Head Torch Essential	Marathon training to be advised	Mark	19.15 Derby Stables Road KT18 5LB
29.01.19 Tuesday	Med-fast: 12 x top lamp post to bottom lamp post, with walk/jog to next lamppost recovery Slow: 10 as above	4 laps, 3 laps, 2 laps, 1 lap and back up again to 4 laps with 2 min walk between each rep	Steve	19.15 Waterer Gardens KT20 5PB
06.02.19 Wednesday	Med-fast: 10 x 400m with 1 min rest Slow: 8 as above 1 mile TT	8 laps (2 miles) 1 lap jog 4 laps (1 mile) 1 lap jog 8 laps (2 miles) then jog laps to warm down	Hazel	19.15 Track KT19 9RY
12.02.19 Tuesday	Hills Head Torch Essential	Marathon training to be advised	Mary	19.15 Derby Stables Road KT18 5LB
20.02.19 Wednesday	Med- Fast: 3 x 3 laps with 1 lap jog/walk Slow: 3 x 2 as above	4x 4 laps at 5 km pace with lap jog between each rep	Mark	19.15 Track KT19 9RY
26.02.19 Tuesday	Med-fast: Pyramids: 1 lap:1 min rest; 2 laps: 2 min rest; 3 laps:3 min rest; 2 laps: 2 min rest; 1 lap:1 min rest;	4 laps, 3 laps, 2 laps, 1 lap and back up again to 4 laps with 2 min walk between each rep	Alan	19.15 Waterer Gardens KT20 5PB

Tadworth AC Winter 2018 - 2019 Training Plan

	Slow: Pyramids: 1 lap:1 min rest; 2 laps: 2 min rest; 1 lap:1 min rest; 2 laps: 2 min rest;			
06.03.19 Wednesday	Med-Fast: 5 X 2 laps fast (10 % faster than 5k pace) with 1 lap jog after each rep Slow: 4 X 2 as above 1 mile TT	4 x 4 laps at 5km pace with a lap jog between each rep of 4 laps	Mary	19.15 Track KT19 9RY
12.03.19 Tuesday	Hills Head Torch Essential	Marathon training to be advised	Steve	19.15 Derby Stables Road KT18 5LB
20.03.19 Wednesday	Med-Fast: 10 x 400m in pairs relay-1 rests while the other runs Slow: 8 as above	4 x 1 mile reps with a 1 lap jog in between each	Mark	19.15 Track KT19 9RY
26.03.19 Tuesday	Med-Fast: 6 x 2 laps walk/jog to top/bottom lamppost recovery Slow: 5 x 2 laps as above	4 laps, 3 laps, 2 laps and 1 lap. All run at 5k pace	Hazel	19.15 Waterer Gardens KT20 5PB
03.04.19 Wednesday	Med-Fast: Pyramids: 1 x 200, 1x 400, 1 x 800, 1x1200, 1 x 800, 1 x 400, 1 x 200 with walk/jog rest of 30 secs, 1 min, 2 min, 3 min, 2 min, 1 min Or 1 x 200, 1x 400, 1 x 800, 1 x 400, 1x 200, 1x 800 with walk/jog 30 secs, 1 min, 2 min, 1 min, 30 secs, 1 min 1 mile TT	8 laps (2 miles) 1 lap jog 4 laps (1 mile) 1 lap jog 8 laps (2 miles) then jog laps to warm down	Alan	19.15 Track KT19 9RY