

TAC Autumn & Winter Training Schedule 2019/2020

| Date | Day | Session: Non-Marathon | Session: Marathon | Leader | Time & Location |
|-------------|------------|--|--|---------------|---|
| 03.09.19 | Tuesday | High 5's | Marathon training to be advised | Alan | Tea Hut KT18 5PP 19.15 |
| 11.09.19 | Wednesday | Med-fast: 10 - 12 laps: 100m jog, 200m med-fast, 100m fast | Dave's 2 mile Time Trial Race Choose either to do the training or the time trial | Hazel | 19.15 Track KT19 9rY |
| 17.09.19 | Tuesday | Hills Head Torch Essential | Marathon training to be advised | Dave | 19.15 Derby Stables Road KT19 5LB |
| 24.09.19 | 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; 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 | Mark | 19.15 Waterer Gardens KT20 5PB |
| 02.10.19 | Wednesday | 8 or 10 x 300m 100m walk & 1 mile Time Trial | Marathon training to be advised | Steve | 19.15 Track |

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| | | | | | KT19 9RY |
| 06.10.19 | Sunday | Epsom Downs | EA Coaching with John Clements – meet at 10.00 | John | 10.00 Tea Hut KT18 5PP |
| 8.10.19 | Tuesday | Hills Head Torch Essential | Marathon training to be advised | Mark | 19.15 Derby Stables Road KT19 5LB |
| 16.10.19 | Wednesday | 16 x 200 m sprint, 200 jog or 10-12 as above | Marathon training to be advised | Hazel | 19.15 Track KT19 9RY |
| 22.10.19 | 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 |
| 29.10.19 | Tuesday | Hills Head Torch Essential | Marathon training to be advised | Alan | 19.15 Derby Stables Road KT19 5LB |
| 03.11.19 | Sunday | Venue TBC | EA Coaching with John Clements – meet at 10.00 | John | TBC |

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| 06.11.19 | Wednesday | 8 or 10 x 300m 100m walk & 1 mile Time Trial | Marathon training to be advised | Mary | 19.15 Track KT19 9RY |
| 12.11.19 | Tuesday | Hills Head Torch Essential | Marathon training to be advised | Hazel | 19.15 Derby Stables Road KT19 5LB |
| 19.11.19 | 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 | Marathon training to be advised | Mark | 19.15 Waterer Gardens KT20 5PB |
| 26.11.19 | Tuesday | Hills Head Torch Essential | Marathon training to be advised | Alan | 19.15 Derby Stables Road KT19 5LB |
| 01.12.19 | Sunday | Venue TBC | EA Coaching with John Clements - meet at 10.00 | John | TBC |
| 04.12.19 | Wednesday | 4 x 3 laps with 1 lap jog/walk or 3 x 2 as above | Marathon training to be advised | Steve | 19.15 Track KT19 9RY |

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| 10.12.19 | Tuesday | Med-fast: 12 or 10 x top lamp post to bottom lamp post, with walk/jog to next lamppost recovery | Marathon training to be advised | Mary | 19.15 Waterer Gardens KT20 5PB |
| 18.12.19 | Wednesday | 10 x 400m in pairs relay-1 rests while the other runs & Christmas Time Trial | Marathon training to be advised | Mark | 19.15 Track KT19 9RY |
| 24.12.19 | Tuesday | Holiday run | | TBC | |
| 31.12.19 | Tuesday | Holiday Run | | TBC | |
| 07.01.20 | Tuesday | 6 or 5 x 2 laps walk/jog to top/bottom lamppost recovery | 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 |
| 15.01.20 | Wednesday | 12-15 laps: 100m jog, 200m med-fast, 100m fast Or 8-10 as above | 4x 4 laps at 5 km pace with lap jog between each rep | Hazel | 19.15 Track KT19 9RY |
| 19.01.20 | Sunday | Venue TBC | EA Coaching with John Clements - meet at 10.00 | John | TBC |

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| 21.01.20 | Tuesday | Hills Head Torch Essential | Marathon training to be advised | Mark | 19.15 Derby Stables Road KT19 5LB |
| 28.01.20 | Tuesday | 12 or 10 x top lamp post to bottom lamp post, with walk/jog to next lamppost | 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 |
| 02.02.20 | Sunday | Venue TBC | EA Coaching with John Clements - meet at 10.00 | John | TBC |
| 05.02.20 | Wednesday | 8 or 10 x 300m 100m walk & 1 mile Time Trial | 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 |
| 11.02.20 | Tuesday | Hills Head Torch Essential | Marathon training to be advised | Mary | 19.15 Derby Stables Road KT19 5LB |
| 19.02.20 | Wednesday | Med- Fast: 3 x 3 laps with 1 lap jog/walk or 3 x 2 as above | 4x 4 laps at 5 km pace with lap jog between each rep | Mark | 19.15 Track KT19 9RY |

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| 25.02.20 | 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; | 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 |
| 01.03.20 | Sunday | Venue TBC | EA Coaching with John Clements - meet at 10.00 | John | TBC |
| 04.03.20 | Wednesday | 5 X 2 laps fast (10 % faster than 5k pace) with 1 lap jog after each rep Or 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 | Hazel | 19.15 Track KT19 9RY |
| 10.03.20 | Tuesday | Hills Head Torch Essential | Marathon training to be advised | Steve | 19.15 Derby Stables Road KT19 5LB |
| 18.03.20 | Wednesday | 10 x 400m in pairs relay-1 rests while the other runs Or 8 as above & 1 mile TT | 4 x 1-mile reps with a 1 lap jog in between each | Mark | 19.15 Track KT19 9RY |

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| 24.03.20 | Tuesday | 6 x 2 laps walk/jog to top/bottom lamppost recovery Or 5 x 2 laps as above | 4 laps, 3 laps, 2 laps and 1 lap. All run at 5k pace | Mary | 19.15 Waterer Gardens KT20 5PB |
| 01.04.20 | Wednesday | 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 |