

Mesocycle Plan

8 week plan until 1st Club Championship Race/ 3 hard weeks, 1 easy, 3 hard, easy race week

Minimum 4 Runs per week excluding easy week, other activities on none run days, or recovery runs

Wk 1 12/Feb

Tue 25 mins with 1min recovery

New loop starting at the bus stop on Walbottle bank, old starting point.

Run up to Walbottle Store and down around by the infants school, continuing down to the bus stop, where a 1 min recovery will take place before going off again and keep to your right as you pass other runners

Thur 2-3-4-3-2 session on the field

Sat Signal Relays

Sunday Long run 90 mins

Wk 2 19/Feb

Tue 2x6 min & 2x5min all with 1 min recovery

Thur 2x Pyramid on Hills (never done before)

Sat 5k tempo or race

Sunday Long run 10 miles

Wk 3 26/Feb

Tue 2x3 min/ 2x4 min/2x3 min all with 1 min recovery

Thur 10x 75sec Hills

Sat Alnwick Cross Country

Sunday Long run 10 miles

Wk 4 5/March easy week

Tue 4x5min 1 min recovery

Thur Circuits

Sunday Long run 10 mile

Wk 5 12/March

Tue 4x 1mile or 30mins max

Thur 2x2min/ 6x short Hills/ 4x1 min with 1 min recovery

Sat 10th 5k run organised at the club

Sunday Long run 10 mile

Wk 6 19/ March

Tue 25 min Tempo run around Walbottle Loop

Thur 2x1min/2x2min/2x3 min/2x2min/2x1 min with 1 min recovery

Sat 6x 1k organised at the Club

Sunday Long run (British Summer Time) light nights

Wk 7 26/March

Tue 25 mins 1/2miles = 1 min recovery

Thur 1-2-3-4-3-2-1 with 1 min recovery (not for good Friday relay runners)

Fri Good Friday Relays

Sat 2x2mile organised at the club

Sunday Long run 10 mile

Wk 8 easy last week 2/April

Tue 3x6 min

Thur Pyramid Hills

Sunday 8th April Blyth 10k

Good luck Everyone