

**WEEKDAYS**

Week	Session	Route	Distance
1	05/01/2016 6pm Tues	Tempo run	Brooklands Road
	07/01/2016 7pm Thurs	Speed	Short reps (30 secs)
2	12/01/2016 6pm Tues	Steady run with hills	Longley Lane
	14/01/2016 7pm Thurs	Speed endurance	Pyramid (100m to 800m)
3	19/01/2016 6pm Tues	Tempo run	Timperley
	21/01/2016 7pm Thurs	Interval training	Long reps (400m/600m)
4	26/01/2016 6pm Tues	Steady run with speed	Shaftesbury Avenue (Speed reps)
	28/01/2016 7pm Thurs	HIIT & circuits	1 mile reps & circuits
5	02/02/2016 6pm Tues	Tempo run	Hollyhedge Road
	04/02/2016 7pm Thurs	Speed	Short reps (200m/300m)
6	09/02/2016 6pm Tues	Steady run with hills	Shaftesbury Avenue (Hill reps)
	11/02/2016 7pm Thurs	Speed endurance	Pyramid (100m to 800m)
7	16/02/2016 6pm Tues	Tempo run	Norris Road
	18/02/2016 7pm Thurs	Interval training	Long reps (600m/800m)
8	23/02/2016 6pm Tues	Steady run with speed	Shaftesbury Avenue (Speed reps)
	25/02/2016 7pm Thurs	HIIT & circuits	Circuits

**WEEKENDS**

Week	Session	Min	Route
1	09/01/2016 Sat	GM XC	
	10/01/2016 9am Sun	Long steady run	5 miles - 6/7 miles
2	16/01/2016 1pm Sat	MACCL	Styal <sup>1</sup>
	17/01/2016 9am Sun	Long steady run	5 miles - 6/7 miles
3	24/01/2016 9am Sun	Long steady run	5 miles - 7/8 miles
4	30/01/2016 Sat	NOE XC	
	31/01/2016 9am Sun	Long steady run	5 miles - 6 miles
5	07/02/2016 9am Sun	Long steady run	5 miles - 8/9 miles
6	14/02/2016 9am Sun	Long steady run	2 miles - 2 miles
7	21/02/2016 9am Sun	Long steady run	5 miles - 8/9 miles
	21/02/2016 Sun	Rhyl 10 mile road race	Race
8	27/02/2016 Sat	NAT XC	
	28/02/2016 9am Sun	Long steady run	5 miles - 10/11 miles
			Chorlton Water Park <sup>2</sup>

Wythenshawe parkrun every Saturday at 9am

- 1      Meet at the Ship Inn car park, off Styal Road
- 2      Meet at the Car Park
- 3      Meet at Debbie's House 34 Crosselfield Road, Cheadle Hulme, SK8 5PE
- 4      Meet at The Boars Head, 2 Shrigley Rd N, Poynton SK12 1TE□