

WEEKDAYS

Week			Session	Route	Distance
1	05/01/2016	6pm Tues	Tempo run	Brooklands Road	5.7 miles
	07/01/2016	7pm Thurs	Speed	Short reps (30 secs)	n/a
2	12/01/2016	6pm Tues	Steady run with hills	Longley Lane	5.6 miles
	14/01/2016	7pm Thurs	Speed endurance	Pyramid (100m to 800m)	n/a
3	19/01/2016	6pm Tues	Tempo run	Timperley	5.2 miles
	21/01/2016	7pm Thurs	Interval training	Long reps (400m/600m)	n/a
4	26/01/2016	6pm Tues	Steady run with speed	Shaftesbury Avenue (Speed reps)	5.3 miles
	28/01/2016	7pm Thurs	HIIT & circuits	1 mile reps & circuits	n/a
5	02/02/2016	6pm Tues	Tempo run	Hollyhedge Road	5.6 miles
	04/02/2016	7pm Thurs	Speed	Short reps (200m/300m)	n/a
6	09/02/2016	6pm Tues	Steady run with hills	Shaftesbury Avenue (Hill reps)	5 miles
	11/02/2016	7pm Thurs	Speed endurance	Pyramid (100m to 800m)	n/a
7	16/02/2016	6pm Tues	Tempo run	Norris Road	5 miles
	18/02/2016	7pm Thurs	Interval training	Long reps (600m/800m)	n/a
8	23/02/2016	6pm Tues	Steady run with speed	Shaftesbury Avenue (Speed reps)	5.3 miles
	25/02/2016	7pm Thurs	HIIT & circuits	Circuits	n/a

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	Styal ¹
2	16/01/2016	1pm Sat	MACCL		
	17/01/2016	9am Sun	Long steady run	5 miles - 6/7 miles	Chorlton Water Park ²
3	24/01/2016	9am Sun	Long steady run	5 miles - 7/8 miles	Styal ¹
4	30/01/2016	Sat	NOE XC		
	31/01/2016	9am Sun	Long steady run	5 miles - 6 miles	Lyme Park ⁴
5	07/02/2016	9am Sun	Long steady run	5 miles - 8/9 miles	Chorlton Water Park ²
6	14/02/2016	9am Sun	Long steady run	2 miles - 2 miles	Styal ¹
7	21/02/2016	9am Sun	Long steady run	5 miles - 8/9 miles	Cheadle Hulme ³
	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 ²

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 Crossefield Road, Cheadle Hulme, SK8 5PE
- 4 Meet at The Boars Head, 2 Shrigley Rd N, Poynton SK12 1TE□