

Jo's Group Training Plan

01ST JUNE	5 x 1 km Reps Country Park 2 Mins Recovery
06TH JUNE	6 Mile Tempo Run
08TH JUNE	Clee Road Hills 6 ish Miles
13TH JUNE	4 x 400 Meters 2 Mins Recovery 2 x 800 Meters 3 Mins Recovery
15TH JUNE	Devonport Drive Hills x 6
20TH JUNE	7 Miles Tempo Run
22ND JUNE	Clee Road Hills 6 ish Miles
27TH JUNE	4 X 800 Meters Country Park 3 Mins Recovery
29TH JUNE	Winsor Road Hill Loop
04TH JULY	6 Miles 1 Mile @ Tempo Pace 1 Mile Recovery
06TH JULY	Clee Road Hills 6 Miles ish
11TH JULY	10 Mins Tempo 2 Mins Recovery 8 Mins Tempo 2 Mins Recovery And So On
13TH JULY	Devonport Drive x 7
18TH JULY	7 Miles Tempo Run
20TH JULY	Grant Street Hills x 6
25TH JULY	1 Km x 6 Reps Country Park 3 Mins Recovery
27TH JULY	Clee Road Hills 6 Miles ish
03RD AUG	Devonport Drive Hills x7
08TH AUG	6 x 800 Meters Country Park 2 Mins Recovery
10TH AUG	Clee Road Hills 6 ish Miles
15TH AUG	6 Miles 1 Mile Easy One Mile Hard
17TH AUG	Grant Street Hills x 7
22ND AUG	7 Miles Tempo Run
24TH AUG	Clee Road Hills 6 ish Miles
29TH AUG	8 X 400 Meters South Sea Lane
31ST AUG	Beacon Ave Hills x 7