

Group Training Programme Winter 2011/2012

Date		Mon	Tue	Wed	Thur	Fri	Sat	Sun
31 Oct 2011	up I		10M Beacon		8M Wilderness lane			10M
7 Nov 2011	up I		9M Chester Rd		8M Aston Spag Jct route		Birmingham League XC	13M
14 Nov 2011	Down I		10M reverse Beacon		6M easy stridders		Midland 7m XC	Cannock 10K
21 Nov 2011	up I		10M Collage Rd		Kenyan Hills			15M
28 Nov 2011	up I		12M Newton Rd / past Baggies ground		8M Wilderness lane		Birmingham League XC	16M
5 Dec 2011	Mini Taper II		10 x 400m on IMI		6M easy stridders			Sneyd 10M
12 Dec 2011	up II		9M Chester Rd		Hill reps Dyas Rd x10			13M
19 Dec 2011	up II		Kenyan Hills		12M Newton Rd / past Baggies ground			16M
26 Dec 2011	up II		? 13M Cannock Chace in the day		Hill reps Dyas Rd x10			16M
2 Jan 2012	up II		4x1M		10Min E 6x5Min T off 1min 10Min E		County XC	13M

Date		Mon	Tue	Wed	Thur	Fri	Sat	Sun
9 Jan 2012	up II		6x1K		8M Wilderness lane		Birmingham League XC	18M
16 Jan 2012	Mini Taper II		10 x 400m on IMI		8M Aston Spag Jct route			MMAC XC
23 Jan 2012	up II		4x1M		10Min E 6x5Min T off 1min 10Min E		Midland counties XC	18M
30 Jan 2012	up III		10M Beacon		2m easy 4x10 minT off 2min 2m easy			20M
6 Feb 2012	Down III		4x1M T off 1min 5min easy 3x1M T off 1min		Asda + Dog track at Mara Pace.		Birmingham League XC	16M
13 Feb 2012	up III		2m easy 2x20min T off 3min 2m easy		10 Collage rd Easy			20M (12M mara pace)
20 Feb 2012	up III		5x 1M brisk off 3mins		10 Chester Rd		National XC	? Milford 21
27 Feb 2012	up III		8 x 800m off 2mins		10Min E 6x5Min T off 1min 10Min E			24M
5 Mar 2012	Down III		10x 400m		6M at 4M at Mara pace			Silverstone Half

Date		Mon	Tue	Wed	Thur	Fri	Sat	Sun
12 Mar 2012	up III		2m easy 2x20min T off 3min 2m easy		6M at 4M at Mara pace			Ashby 20M
19 Mar 2012	up IV		3x1M off 3mins 3x800m off 2mins		10Min E 6x5Min T off 1min 10Min E			Stafford Half Extend to 22M
26 Mar 2012	up IV		5x 1M brisk off 3mins		8M Wilderness lane		12 Stage relay	24M
2 Apr 2012	Taper		6x800m off 2mins		10 Collage rd Easy			16M
9 Apr 2012	Taper		3x1000m off 3mins		6M at 4M at Mara pace			MMAC relay
16 Apr 2012	Taper		6M at 4M at Mara pace		6M easy stridders			London Marathon

Section I - is base millage build up with nothing too intense
Section II - is faster paced work especially hill reps and intervals
section III - is more marathon sepecific Tempo and marathon pace work
Section IV - final prep and taper

UP / Down is an indication for your own total millage volume usually 3 weeks build up and 1 week down.

This is an initial Draft which I may modify as needed.

Blue are possible race options. I think I am going to target Sneyd 10M & Silverstone Half but run Stafford without much taper. Not sure but may do Ashby 20M and Milford 21 as long runs (not raced)

