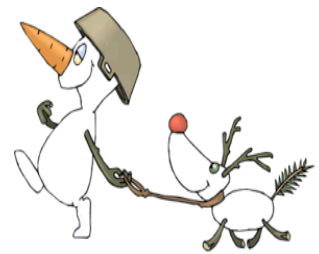




Holiday Training 2020/2021

The next league race is on Sun 16th January
at – Arboretum Walsall



Tue 14 Dec Track – Small Hurdles, Strides 6 x 300 with 100 jog recovery

Thu 16 Dec Braemar Hill

Over the Christmas holidays all the training will be in the morning (10 – 11.30 am)

Xmas runs maybe combined with Brian's depending on numbers

Tue 21 Dec Oregon in the Park

Thu 23 Dec Paarlauf 4 x 200 x 2, then 5x2 flying 50 metres cutbacks by Aeroplane field.

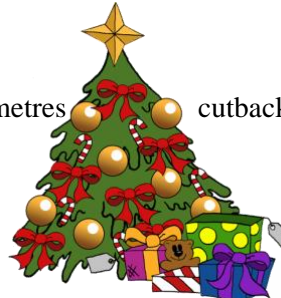
Tue 24 Dec Xmas Eve – Day Off

Sat 25 Dec Happy Xmas (Santa's day off)

Sun 26 Dec Boxing Day Run - All parents are welcome
meet at the club house at 10am (Will not run Far promise)

Tue 28 Dec Park run. Sandy Bank over the top

Thu 30 Dec Park Run shuttles Then sets of pyramids on three stage hill.



Back to Normal

HAPPY NEW YEAR

Tues 4th Jan 1 x 1200 meters with 2-minute rest. 1 x 800 meters with 90 second rest
1 x 400 meters with 60 second rest , running at 20/22 second-pace on the track

Thu 06th Jan Mile run, 6 x 200, (Aeroplane Field) plyometrics, starts

Tue 11 Jan Braemar Hill, via Monmouth Drive.

Thu 13 Jan Track session **Gerschler Fartlek** -
Stride hard for 30 seconds,
jog 90 seconds. repeat with 15 second
decreases in recovery jog e.g. 30-90, 30-75, 30-60,
30-45, 30-30, 30-15 Repeat x 4 – 2 lap recovery,
Finish with an Oregon.



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