

Intermediate / Advanced Programme (October - December 2006)

1 Oct	Sunday	RACE	Standalone 10km (Herts Champs) or 1hr 15min	Letchworth Garden City
3 Oct	Tuesday		1 hour - Hilly	
5 Oct	Thursday		5-8 * 800m (90 sec recovery)	
8 Oct	Sunday		Long Short Marathon Run 1hr 20min	Royston
10 Oct	Tuesday		1 hour - Fartlek including 6 * 2.5 mins faster efforts (45 sec jog recovery)	
12 Oct	Thursday		4-6 * 1000m (90 sec recovery)	
15 Oct	Sunday		1 hr 25min	
17 Oct	Tuesday		1 hour - Fartlek including 6 * 5 min faster efforts (45 jog sec recovery)	
19 Oct	Thursday		5 * 600m relaxed	
22 Oct	Sunday	RACE	Sunday Lge X-Country - (Race 1)	Broxbourne
24 Oct	Tuesday		1 hour - easy	
26 Oct	Thursday		Hills - 2/3 sets rolling	
29 Oct	Sunday		1 hr 30min	
31 Oct	Tuesday		1hr 10min - Fartlek including 12 * 60sec faster efforts (30 sec jog sec recovery)	
2 Nov	Thursday		3-4 * 1600m (2 min recovery)	
5 Nov	Sunday		1hr 30min	
7 Nov	Tuesday	Time Trial	1hr incl. 10km Birthday Run	Royston
9 Nov	Thursday		5-8 * 800m (90 sec recovery)	
12 Nov	Sunday		1hr 30min or 45mins if racing 5km Weds	
14 Nov	Tuesday		1 hr 10min or 20min easy + strides if racing	
15 Nov	Wednesday	RACE	Midweek 5Km Series - (Race 1)	Stevenage
16 Nov	Thursday		4-5 * 700m relaxed or 8 * 200m Strides	
19 Nov	Sunday	RACE	Sunday Lge X-Country - (Race 2) or St. Neots $\frac{1}{2}$ Marathon or Bishops Stortford 10miles	Welwyn St. Neots *** Bishops Stortford

21 Nov	Tuesday		1 hour - easy	
23 Nov	Thursday		4-6 * 1000m (90 sec recovery)	
26 Nov	Sunday		1hr 30min or 45mins if racing 5km Weds	
28 Nov	Tuesday		1 hr 10min or 20min easy + strides if racing	
29 Nov	Wednesday	RACE	Midweek 5Km Series - (Race 2)	Stevenage
30 Nov	Thursday		4-6 * 900m (60 sec recovery) or 6 * 300m Strides	
3 Dec	Sunday		1hr 35mins	
5 Dec	Tuesday		1 hour - Fartlek including 6 * 5 min faster efforts (45 jog sec recovery)	
7 Dec	Thursday		5 * 600m relaxed	
10 Dec	Sunday	RACE	Sunday Lge X-Country - (Race 3)	Southgate
12 Dec	Tuesday		1 hr 10min or 20min easy + strides if racing	
	Wednesday	RACE	Midweek 5Km Series - (Race 3)	Stevenage
14 Dec	Thursday		8-16 * 400m (75 sec recovery) or 6 * 400m Strides	
17 Dec	Sunday		1hr 40mins	
19 Dec	Tuesday		1 hour - Hilly Fartlek including 6 * 2.5 mins faster efforts (45 sec jog recovery)	
21 Dec	Thursday		3-5 * 1100m (75 sec recovery)	
24 Dec	Sunday		1hr 35mins	
25 Dec	Monday		***Christmas Day***	
26 Dec	Tuesday		1 hour - easy or rest	
28 Dec	Thursday		5-10 * 600m (90 sec recovery)	

- Please note an alternative easy run will be available for every session.
- ***For specific training and tapering towards the St. Neots $\frac{1}{2}$ Marathon please contact Malcolm Hall via email.
- Athletes are encouraged to do build in uphill running in one session per week - alternate one week of slow ascents with one week of fast ascents (Saturday).
- Athletes should incorporate one session of fastish strides every fortnight.
- The sessions above should be supplemented with 35 min recovery runs.