

Great Bentley Training cycle April – June 2018

	Week 1 1 st April	Week 2 8 th April	Week 3 15 th April	Week 4 22 nd April	Week 5 29 th April	Week 6 6 th May	Week 7 13 th May	Week 8 20 th May	Week 9 27 th May	Week 10 3 rd June	Week 11 10 th June	Week 12 17 th June	Week 13 24 th June
Sun*	NO SESSION	Morning run - Brightlingsea	GBRC Trail Run @ Tendring	Morning run - Dedham 10k route	Morning run	Morning run	Morning run	GBRC Trail Run @ Capel St Mary	Morning run	Morning run HR24	Morning run	Morning run	GBRC Trail Run @ Alton Water
Mon ^	EASTER BUNNY DOUBLES @ Gt Bromley 10:30 race, arrive before this.	Hills Hilly Fields	Hills University	Hills University	Hills University	Hills University	Hills Highwoods	Hills University	Hills University	Hills University	Hills Highwoods	Hills University	Hills University
Wed ~	Structured run: Fartlek	Structured run: Out and Back	Structure d run: Sprints	Structure d run: Fartlek	RACE: Mickey Edwards Baseline	Structured run: Out and Back	Structured run: 1 min on, 1 min off	RACE: Mickey Edwards Handicap 1	Structured run: Fartlek	RACE: Mickey Edwards Handicap 2	Social Run 5 miles	Structured run: Out and Back	RACE: Mickey Edwards Handicap 3
Fri#	Interval Training Parlauf	Physical Prep Drills and skills	Speed Endurance 1-mile Time Trial	Speed Endurance Pyramids	Running Technique Downhill running	Physical Prep Drills and skills	Speed Endurance 1-mile Time Trial	Interval Training Parlauf	Physical Prep Drills and skills	Running Technique Downhill running	Speed Endurance 1-mile Time Trial	Physical Prep Drills and skills	Speed Endurance Pyramids

* Sundays with no club race will most likely be a steady run at different locations with varying distances – **look at weekly training schedule for details.**

^ Hill training will be varied in terms of distance/speed but beneficial strength training for all. Check website for details

~ Held at Great Bentley

At Abbey Fields unless stated