

LYD TRAINING PLAN: April – June 2018

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Tuesdays will be trainings runs, with long runs on **Thursdays**. **Thursday runs may be car share runs on the moor or Tavy 7 route, to be decided on the day.**

w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 nd Apr	Rest.	Chaucer hills (1x5min,1x3min Milton Crescent laps	Rest	Canal, Crease Lane. Hi Viz needed	Rest	Weekend run can be done on either day. 6-8 miles	Rest
9 th Apr	Rest.	Sorting Office Hills Multi Car Park reps.	Rest	Bishopsmead/Anderton Lane/WhitchurchRd continuous run.	Rest	Weekend run can be done on either day. 6-8 miles	Rest
16 th Apr	Rest.	Uplands circuits. 10 minutes recovery then 5 minutes	Rest	Mill Hill/Crease Lane/Round House.	Rest	Weekend run can be done on either day. 6-8 miles TAVY 5	Rest
23 rd Apr	Rest.	Aspen Close BM hill reps Tiddybrook laps	Rest	Rix Hill, West Down.	Rest	Weekend run can be done on either day. 6-8 miles	Rest
30 th Apr	Rest.	Monksmead/Uplands/railway/ hospital/West St/town centre.	Rest	Whitchurch/Middlemoor/Pimple	Rest	Weekend run can be done on either day. 6-8 miles	Rest
7 th May	Rest.	Down Hill reps, only if dry. Whitchurch Down.	Rest	Green Lane St Davids, Bluebell Way, Pimple.	Rest	Weekend run can be done on either day. 6-8 miles or IVYBRIDGE 10K.(12/5)	Rest
14 th May	Rest.	Redmoor Close laps x3 recovery x2	Rest	Drakes Trail	Rest	Weekend run can be done on either day. 6-8 miles or TAVY 5 (19/5)	Rest
21 th May	Rest.	Chaucer hills (1x5min,1x3min Milton Crescent laps	Rest	Canal, Crease Lane. Hi Viz needed	Rest	Weekend run can be done on either day. 6-8 miles or BERE PEN. 10K (26/5)	Rest
28 th May	Rest.	Sorting Office Hills Multi Car Park reps.	Rest	Rix Hill, West Down.	Rest	Weekend run can be done on either day. 6-8 miles	Rest
4 th June	Rest	Uplands circuits. 10 minutes recovery then 5 minutes	Rest	Wilminstone loop. (Brentor Rd)	Rest	Weekend run can be done on either day. 6-8 miles or PLYM VALLEY CHALLENGE 7 miles, (SUNDAY 10 TH June)	Rest
11 th June	Rest	Aspen Close BM hill reps Tiddybrook laps	Rest	Whitchurch/Middlemoor/Pimple	Rest	Weekend run can be done on either day. 6-8 miles TAVY 5	Rest
18 th June	Rest	Monksmead/Uplands/railway/ hospital/West St/town centre.	Rest	Green Lane St Davids, Bluebell Way, Pimple.	Rest	Weekend run can be done on either day. 6 - 8 miles	Rest
25 th June		Down Hill reps, only if dry. Whitchurch Down.	Rest	Drakes Trail, Drakes Café, return via Grenofen mast/Rix Hill.	Rest	Weekend run can be done on either day. 6-8 miles or MUSKIE MADNESS 5.5m(30/6)	Rest

