

| Date | Mon | Tues | Weds | Thurs | Fri | Sat | Sun |
|-----------------|---------------------|---|-------------------------|---|---------------------|--|----------------------------------|
| W/C 1st Nov | Rest or Easy Run | Track: 3 x (4 x 400m) 45 / 30 /15s recovery 3mins between sets | Steady Run 5-8 miles | Meadows: 5 x 1km 8 x 400m (2 min recovery) | Rest or Easy Run | Track: 6 x150m 3 x300m 1 x 600m | Long Run |
| W/C 8th Nov | Rest or Easy Run | Track: 12 x 400m 2 min recovery | Steady Run 5-8 miles | Track: 8 x 200m 2min recovery (option for a few mile repeats after for those not racing XC at weekend) | Rest or Easy Run | Track (for those not resting up for XC): 10km relay working in pairs (5km each) | XC Westward League Newquay |
| W/C 15th Nov | Rest or Easy Run | Track: 2 x1200m 2 x 800m 4 x 400m 2min recovery | Steady Run 5-8 miles | Road: Kenyan Hills 6 x 6min | Rest or Easy Run | Tavy 5k (Registration from 8.45am, start at 9.15 am) | Long Run |
| W/C 22nd Nov | Rest or Easy Run | 16 x 200m 45s recovery | Steady Run 5-8 miles | Meadows: 3 x 2miles | Rest or Easy Run | Track: Chase the cone 11 x 300-400m | Long Run |
| W/C 29th Nov | Rest or Easy Run | 12 x 400m 2 min recovery | Steady Run 5-8 miles | Track: 8 x 200m 2min recovery (option for a few mile repeats after for those not racing XC at weekend) | Rest or Easy Run | Track (for those not resting up for XC): Jo Pavey Pyramid! 1600m / 1200m / 800m / 400m and back up again! | XC Westward League Exeter |