

Tamar Schedule – Jan 24. Tues/Thurs meet at College for 6.30

Week of	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
8 <sup>th</sup> Jan	Rest/Easy Run	Rix Hill  Approx. 6 miles	Rest/Easy run	MEADOWS: Two Mile Repeats 3 x (2mile repeats) with 3min rest recovery after each (Recommended to stop at two repeats if racing at weekend)	Rest/Easy Run	5k IMPROVERS CLUB – Building Speed 6 x 150m (50m walk recovery) / 3 x 300m (100m walk) 1 x 600m	Long Run
15 <sup>th</sup> Jan	Rest/Easy Run	Loop via Whitchurch and Moors  Approx. 6 miles	Rest/Easy Run	DEER PARK: Kenyan Hills (Up to) 4 x 9mins - with 3min rest after each interval	Rest/Easy Run	RACE: Tavy 5 (Monthly 5k race around college and park, starting and finishing on the track) From 8.45am registration 9.15am start	January Jaunt 10k, Plymouth
22 <sup>nd</sup> Jan	Rest/Easy Run	Mill Hill  Approx. 6 miles	Rest/Easy Run	MEADOWS: Kilometre repeats 5-8 x (1 km) 90 sec recovery	Rest/Easy Run	5k IMPROVERS CLUB – 300s 8 x 300m (100m walk/jog recovery)	Long Run
29 <sup>th</sup> Jan	Rest/Easy Run	Out/back to Harford bridge	Rest/Easy Run	Down Road – Hill Repeats Set 1: 5 x 60s; Set 2: 5 x 45sec Set 3: 5 x 30sec; Set 4: 1 x 3min (jog down recovery each time) 2 min recovery	Rest/Easy Run	CLUB Building Stamina 4 x 1mile splits at (200m fast / 200 slow / 400m fast / 400m slow / 200m fast / 200m slow)	Long Run