



Training Plan Horwich RMI 2019



Date	Training session	XC & Road RMI Club Races	Fell English/Brit/ Lakeland challenge
Jan 8	Time Trial 5 x 1000m 3 mins rec		
Jan 15	2 x 4 x 1200 (75 secs + 3 mins)		
Jan 22	2 x 4 x 1200 (60 secs + 3 mins)		
Jan 29	2 x 4 x 1200 (60 secs + 2 mins)		
Feb 5	Speed End 4 x 800 5 x 600 6 x 400 (60) [3]		
Feb 12	Speed End 4 x 800 5 x 600 6 x 400 (45) [3]		
Feb 19	Time Trial 5 x 1000m 3 mins rec		
Feb 26	Strength End 4 x 8 mins (60 rec)		
Mar 5	Strength end 4 x 8 mins (50 rec)		
Mar 12	Strength end 4 x 8 mins (45 rec)		
March 19	5 x 1000m 3 mins rec 3 x 400m		
March 26	Speed End partner running x 800m		
Apr 2	Speed End 4 x 4 x 400 4 x 200		
April 9	Time Trial 5 x 1000m 3 mins rec		
April 16	2 x 400, 2 x 600, 2 x 800, 2 x 600, 2 x 400		
April 23 th	800's as 500 (60) + 300 (90) x 8		
April 30	800's as 500 (60) + 300 (90) x 8		
May 7	800's as 500 (45) + 300 (75) x 8		
May 14 th	3 x 600 3 x 500 3 x 400 3 x 300		
May 21	Speed end 3 x 4 x 500m		
May 28	Varied Pace whistle x 15 secs 8 x 4 mins (60 secs rec)		
June 4 th	Time Trial 5 x 1000m 3 mins rec		
June 11 th	Strength End 6 x 1000m (Interval 2 mins)		
June 18 th	Speed end 4 x 800 5x 600 6 x 400		
June 25 th	Speed end 2 x 5 x 500 (75 + 3mins)		
July 2	Speed end 2 x 5 x 500 (60 + 3 mins)		
July 9 th	Strength End 8 x 5 mins (90)		
July 16 th	Time Trial 5 x 1000m 3 mins rec		
July 23 th	Speed end 3 x 6 x 300 jog rec (60)		

July 30th	Strength End 8 x 700 100 jog rec		
Aug 6 th	Strength End 3 x 3 x 1000m		
Aug 13 th	Strength End 4 x 8 mins turn a round		
Aug 20 st	Strength End 5 x 8 mins		
Aug 27 th	Speed End 4 x 4 x 400 4 x 200		
Sept 3 th	Strength end 8 x 5 mins		
Sept 10 th	Time Trial 5 x 1000m 3 mins rec		
Sept 17 th	8 x 800 as 600 (30) 200 (60)		
Sept 24 th	8 x Overlapping 800's		
Oct 2nd	Speed End 4 x 800 5 x 600 6 x 400		
Oct 8 th	Strength End 4 x 8 mins (90 rec)		
Oct 15 ^h	5 x 5 mins (60) 5 x 3 mins (45)		
Oct 22 rd	Time Trial 5 x 1000m 3 mins rec		
Oct 29 st	Strength End 5 x 8 mins (60 rec)		
Nov 5th	8 x 6 mins turn a round (90 rec)		
Nov 12 th	Speed End 3 x 3 x 700m (100 jog)		
Nov 19 th	Speed End partner running x 800m		
Nov 26 th	Speed End 4 x 4 x 400 (60/45 & 3)		
Dec 3 rd	Time Trial 5 x 1000m 3 mins rec		
Dec 10th	Strength End 5 x 8 mins (90 rec) Turn rounds		

