

LOW FELL RUNNING CLUB

May – June 2017 Schedule

Month	Week 1	Week 2	Week 3	Week 4
May	<p>02.05.17.: TVTE. 3 x (1000 + 5 x 200) @ 3K pace; 1/2 session if doing NEMAAA relays. (200; single side of Swaddlers)</p> <p>04.05.2017: 6 miles easy with 6 x 20s over final mile</p> <p>06.05.17: Parkrun, 6x short hill reps</p> <p>07.05.17: 1hr 20mins LSD / Sunderland 1/2</p>	<p>09.05.17: Track session; 12 x 300m on 100m jog (50s)</p> <p>11.05.17: 6 miles easy + conditioning</p> <p>13.05.17: Track or road : 3(800;4 x200) + 800 all on 200 jog</p> <p>14.05.17:Pier to Pier / 1hr 30mins easy (13th / 14th May; NECAA T & F Champs @ Gateshead Stadium)</p>	<p>16.05.17: TVTE Drills 6 x 200m on ~100m jog rec or easy 4</p> <p>17.05.17: Blackhill Steelworks Relays</p> <p>18.05.17: 5-6 miles + loose strides</p> <p>19.05.17: 3000m @ Gateshead Stadium; TBC</p> <p>20.05.17: 8 miles easy over parkland</p> <p>21.05.17: 1 hr easy</p>	<p>23.05.17.: Track. Drills. 2 x 200 / 2 x 400/ 2 x 800 / 2 x 400 / 2 x 200 on 200m jog</p> <p>25.05.17: 6-7 miles steady</p> <p>27.05.17: Parkland session (1,2,3min out & backs at Watergate) or easy 3 or Allendale 10K Trail</p> <p>28.05.17: 1hr 45 min</p>
June	<p>30.05.17: Track. Drills. 12 x 400m on 100m jog (31.05.2017; Penshaw Hill Race)</p> <p>01.06.17: 5K 'predict your own time' handicap, Watergate</p> <p>03.06.17: Road session 2 x 800 / 2 x 400 / 2 x 800 on 90sec jog or Allendale 8</p> <p>04.06.17: 1hr 30min with sets of 1 – 2 – 4 – 2 – 1 min efforts</p>	<p>06.06.17: Track. 2 (1K + 5 x 200) + 1K on 200m jog. 1/2 session if doing Blaydon</p> <p>08.06.17: 5-6 miles easy</p> <p>09.06.2017: Blaydon</p> <p>10.06.17: Easy 6</p> <p>11..06.17: 1hr recovery run</p>	<p>13.06.2017: easy 3- 4</p> <p>14.07.2017: Newburn River Run</p> <p>15.06.17: 8miles</p> <p>17.06.17: Parkrun + 6 x 150m strides / NEMAA T & F Champs</p> <p>18.06.17: 1hr30min LSD</p>	<p>20..06.17: Track; 14 x 300m on 100m jog; lap jog. 2 x 200 on 200 jog</p> <p>22.06.17: easy 5-6</p> <p>24.06.17: Parkland fartlek; 40mins of 'efforts'</p> <p>25.06.17: 1hr 30 with middle 40min @ ½ mar pace</p>
July	<p>27.06.2017: Track 6 x 600m on 200m jog and drills or Tynedale 10K</p> <p>29.06.2017.: Angel View Run</p> <p>01.07.2017: Easy 6 miles</p> <p>02..07.2017: 1hr 30 mins easy</p>	<p>04.07.17: 5 x 1K at TVTE</p> <p>06.07.17: 6 miles steady</p> <p>08.07.17: Track 4 (500; 300; 200) 100m jog recovery, 200 between sets</p> <p>09.07.17: 1hr 30min with middle 30mins steady</p>	<p>11.07.17: Track 12 x 250 on 150 jog or 1/2 session if running Silksworth</p> <p>13.07.17; Silksworth 5K</p> <p>15.07.17: Parkrun plus easy 5</p> <p>16.07.17: Easy 1hr 30min</p>	<p>18.07.17: Easy 4-5miles or 5K alternate 30sec on/of (recovery session)</p> <p>20.07.17: 5-6 easy</p> <p>22.07.17: Steady 5 miles or easy 2-3 if running Coastal Run</p> <p>26.07.15: Coastal Run or 1hr 40; 1-2-3-2-1 minute(s) efforts on 2 min jog pyramid</p>

Include a rest / recovery day in remainder, along with some easy / steady miles. The NEMAA track League starts Monday 15th May (Monkton), for anyone over 35; you need to join NEMAA.