

LOW FELL RUNNING CLUB; July – Sept 2017 Schedule

Month	Week 1	Week 2	Week 3	Week 4
July				25/07/2017: Longbank, long hill reps. 6 x 3min up / down OR Cock Crow Inn 5K, Jarrow 27/07/2017: 6 miles steady run 29/07/2017: 1 hour parkland fartlek session; 40mins activity with at least 20mins 'quality' running included 30/07/2017: 1hr 30mins easy run
August	01/08/2017: TVTE or GIS 2 x 1200 on 90s jog recovery + 5K tempo run OR Morpeth 10K 03/08/2017: Easy 5 miles 04/08/2017: Club mile @ Gateshead Stadium 05/08/2017: Parkrun OR Powburn Hill race	08/08/2017: 6 x 1/2 mile on trail (Windy Nook) 60s jog recovery 10/08/2017: 6 miles easy + conditioning OR Durham Summer Relays 12/08/2017: Parkrun or easy 3 (if running Darlo 10K). Gateshead Trail 10K 13/08/2017: 1 hr 30mins easy or Darlington 10K	15/08/2017: 6 miles steady run 17/08/2017: 5-6 miles + loose strides 19/08/2017: 8 miles easy over parkland 20/08/2017: 1hr 30mins including middle 45mins of 1-2-4--2-1 min pyramid efforts on 2 min easy between	22/08/2017.: 5K pace session; 4 x 1mile on 60s recovery (23/08/2017: Quayside 5K) 24/08/2017: Watergate club handicap 5K 26/08/2017: Parkrun; alternate quick and easy miles - 1 miute differential 27/08/2017: 1hr 45 min LSD
Sept	29/08/2017: GIS. Drills. 12 x 300m on 100m jog / easy 4 if running Watergate 31/08/2017: Watergate 5K 02/09/2017: Easy 3 -4 miles 03/09/2017: 1hr 30min, include 4 x 10mins efforts on 2mins easy, across middle of run. (OR Matfen 10K; Tees Pride 10K)	05/092017: Drills. 5K 30sec on / float 07/09/2017: 5-6miles easy 09/09/2017: Easy 3 or GN 5K 10/09/2017: 1hr 30mins easy OR GNR	12/09/2017: GIS. Drills. 2 x 6 x 1min on 1min jog within 6-7 mile run 14/09/2017: 8miles 16/09/2017: Parkrun 17/09/2017: 1 hr easy run	19/092017: 6 x 600m and drills, TVTE 21/09/2017: easy 5-6 23/09/2017: Easy 3-4 miles 24/09/2017: 1hr 20 with middle 30min @ ½ mar pace OR Tynedale 10 mile Jelly Tea / Hellhole MT 10K / Haltwhistle Half marathon

Projected schedule through to September (with a few tweaks here and there) with GNR or Jelly Tea in mind and looking to the summer on the roads and trails on the way. Include a rest / recovery day in remainder, along with some easy / steady miles to address volume. Some of the conditioning on Thursdays can be repeated on another day in the week – minimal equipment required. Note 31st August and Watergate 5K. We need marshals to cover the event (see Garry) but once we have the event covered then feel free to run. It is the NE Vets 5K Championship event.