

Tom's Group Destination Training Programme - Nov - Dec - Jan

Target - Bramley 20/10 - Sun 20 Feb

Wed 10 Nov - Speedy Gonzales - 100m fast - 100m recovery – repeat

Wed 17 Nov - 5 laps 20/10m pace - 2min recovery – repeat

Wed 24 Nov - 5 laps 20/10m pace - 2min recovery – repeat

Wed 1 Dec - Short pyramid - 200m fast - 200m recovery - 400m fast - 200m recovery – repeat

Wed 8 Dec - Whistling Rufus

Wed 15 Dec - Single lap relay fast

Wed 22 Dec - Long pyramid - 400m threshold - 800m recovery - 3min recovery – repeat

Wed 29 Dec - 10 laps - 20/10m pace - 3min recovery - repeat

Wed 5 Jan - Fat burn - 10 laps 20/10m pace - 3min recovery – repeat

Wed 12 Jan - Whistling Rufus

Wed 19 Jan - Short pyramid - 200m fast - 200m recovery - 400m fast - 200m recovery – repeat

Wed 26 Jan - Single lap relay fast

Wed 2 Feb - 5 laps 20/10m pace - 2mins recovery – repeat

Wed 9 Feb - Speedy Gonzales - 100m fast - 100m recovery – repeat

Wed 16 Feb - 10 laps at 20/10m pace - 3mins recovery repeat

Sun 20 Feb Bramley 20/10