

Tom's Group Destination Training Programme - Jan - March

Target - Reading Half Marathon - Sunday 3rd April 2022

Wed 05 Jan - Fat burn - 10 laps 20/10m pace - 3min recovery – repeat

Wed 12 Jan - Whistling Rufus. Discuss - Avoid injury.

Wed 19 Jan - Short pyramid - 200m fast - 200m recovery - 400m fast - 200m recovery – repeats. Discuss - Nutrition for Half Marathon.

Wed 26 Jan - Single lap relay fast. Discuss - Electrolytes.

Wed 02 Feb - 5 laps 20/10m pace - 2mins recovery – repeat. Discuss - Diuretics

Wed 09 Feb - Speedy Gonzales - 100m fast - 100m recovery – repeat

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

Sun 20 Feb - Bramley 10 mile - (If you can get a place.)

Wed 23 Feb - Long Pyramid - 200m fast - 200m recovery - 400m fast - 200m recovery - 800m fast - 3min rest - Repeat at threshold pace.

Wed 02 Mar - Half Marathon Test 1 - 8 miles - 32 laps at your Half Marathon pace.

Sun 06 Mar - Hill Training - Bulmershe Road.

Wed 09 Mar - Single lap relay - fast.

Wed 16 Mar - Half Marathon test 2 - 10miles - 40 laps at you Half Marathon pace.

Wed 23 Mar - Whistling Rufus - Discuss - Plan for RG Half

Wed 30 Mar - Speedy Gonzales - 100m fast - 100m recovery - repeat. - Discuss Can Do Attitude for RG Half.

Sun 3 Apr - Reading Half Marathon