

Pitreavie AAC Endurance Training Plan: 2018

| Phase | Day | Date | Start time | Session | Ready | Steady | Go | Description | Route | Approx. Distance | Recommended pace | Objective |
|---|---|-----------|------------|----------|-------|--------|---|--|--|------------------|---|---|
| Building Speed (Targeting Spring 5k-10k) | Monday | 01-Jan-18 | n/a | n/a | n/a | n/a | n/a | HAPPY NEW YEAR | n/a | n/a | n/a | n/a |
| | Tuesday | 02-Jan-18 | 6:45pm | Tempo | X | ✓ | ✓ | Group session - 2 mins effort/2mins jog recovery back to group | Linburn/Woodburn | 5-6miles | 10K-HM | Continuous runs targeting near to race pace - aim to build up pace in order to run a negative split |
| | Thursday | 04-Jan-18 | 6:45pm | Hills | X | ✓ | ✓ | 8 x 30s / 6 x 45s / 4 x 1min (jog recovery between sets) | Skylark Road | 2.5 miles | Hard efforts | Building an endurance base for the next season |
| | Tuesday | 09-Jan-18 | 6:45pm | Speed | ✓ | ✓ | ✓ | 800m x 6 (2 minutes recovery) | Pan Handle | 5k | 5k+ | Targeting improved performance in 5k-5mile races |
| | Thursday | 11-Jan-18 | 6:45pm | Hills | X | ✓ | ✓ | BENCHMARKING SESSION: Continuous Hills (35 mins) | Pitreavie Castle | 3-4 miles | Controlled effort | Benchmarking session to help measure progress following hill training block |
| | Tuesday | 16-Jan-18 | 6:45pm | Speed | ✓ | ✓ | ✓ | 1200m x 4 (3 minutes recovery) | Pan Handle | 5k | 5k+ | Targeting improved performance in 5k-5mile races |
| | Thursday | 18-Jan-18 | 6:45pm | Hills | X | ✓ | ✓ | Hill pyramid session (30 mins continuous) | Duloch Lane | 3 miles | Controlled effort | Building an endurance base for the next season |
| | Saturday | 20-Jan-18 | | | X | X | ✓ | EAST DISTRICT LEAGUE: BROXBURN CROSS COUNTRY | | | | |
| | Tuesday | 23-Jan-18 | 6:45pm | Speed | ✓ | ✓ | ✓ | 1600m x 3 (4 minutes recovery) | Pan Handle | 5k | 5k+ | Targeting improved performance in 5k-5mile races |
| | Thursday | 25-Jan-18 | 6:45pm | Hills | X | ✓ | ✓ | Lamppost pyramid session (35 mins continuous) | Skylark Road | 4 miles | Controlled effort | Building an endurance base for the next season |
| | Tuesday | 30-Jan-18 | 6:45pm | Tempo | X | ✓ | ✓ | Group session - 2 mins hard/2mins recovery | Aberdour Loop (Short 3 & Long 6) | 3-8miles | 10K-HM | Building speed endurance across longer intervals - targeting 10k-Half Marathon |
| | Thursday | 01-Feb-18 | 6:45pm | Hills | X | ✓ | ✓ | Hill pyramid session (35 mins continuous) | Duloch Lane | 3 miles | Controlled effort | Building an endurance base for the next season |
| | Tuesday | 06-Feb-18 | 6:45pm | Tempo | X | ✓ | ✓ | Group session - 3 mins hard/2mins recovery | Industrial Estate/Aberdour Loop (Short 3.5/Long 7) | 6-8miles | 10K-HM | Building speed endurance across longer intervals - targeting 10k-Half Marathon |
| | Thursday | 08-Feb-18 | 6:45pm | Hills | X | ✓ | ✓ | 8 x 30s / 6 x 45s / 4 x 1min (jog recovery between sets) | Skylark Road | 2.5 miles | Hard efforts | Building an endurance base for the next season |
| | Tuesday | 13-Feb-18 | 6:45pm | Tempo | X | ✓ | ✓ | Group session - 4 mins hard/2mins recovery | Greenshanks/Lapwing (Short 3.5/Long 7) | 6-8miles | 10k | Building speed endurance across longer intervals - targeting 10k-Half Marathon |
| | Thursday | 15-Feb-18 | 6:45pm | Hills | X | ✓ | ✓ | BENCHMARKING SESSION: Continuous Hills (35 mins) | Pitreavie Castle | 3-4 miles | Controlled effort | Benchmarking session to help measure progress following hill training block |
| | Sunday | 18-Feb-18 | | | X | X | ✓ | DEVILLA FOREST 15K | | | | |
| | Tuesday | 20-Feb-18 | 6:45pm | Tempo | X | ✓ | ✓ | Group session - 5 mins hard/2mins recovery | Linburn/Woodmill/Pan Handle (Short 4.5/Long 7) | 6-8miles | 10k | Building speed endurance across longer intervals - targeting 10k-Half Marathon |
| | Thursday | 22-Feb-18 | 6:45pm | Recovery | X | ✓ | ✓ | Group recce of handicap route | Handicap route | 5 miles | Relaxed | Social run to recover at the end of training blocks |
| | Saturday | 24-Feb-18 | | | X | X | ✓ | NATIONAL XC 10K (Falkirk) | | | | |
| | Tuesday | 27-Feb-18 | 6:45pm | Handicap | X | ✓ | ✓ | Monthly handicap - use as time trial to benchmark fitness | Handicap route | 5k & 5miles | Race pace | 5k or 5 mile time trial to measure improved performance |
| | Thursday | 01-Mar-18 | 6:45pm | Speed | ✓ | ✓ | ✓ | 6 x 800m loops (Gym Loop) - 2 mins recovery | Industrial Estate (Gym Loop) | 3 miles | 5k | Targeting improved speed endurance |
| | Tuesday | 06-Mar-18 | 6:45pm | Tempo | X | ✓ | ✓ | 25 min - out and back | Linburn/Halbeath | 4-6 miles | 10K-HM | Continuous runs targeting near to race pace - aim to build up pace in order to run a negative split |
| | Thursday | 08-Mar-18 | 6:45pm | Speed | ✓ | ✓ | ✓ | 2 x (2x200m (1min)/2x400m (1m30s)/2x800m (2min)) | Industrial Estate | 3.5 miles | 5k-10k | Targeting improved speed endurance |
| | Tuesday | 13-Mar-18 | 6:45pm | Tempo | X | ✓ | ✓ | 30 min - out and back | Crossgates (via Amazon) | 5-7 miles | 10K-HM | Continuous runs targeting near to race pace - aim to build up pace in order to run a negative split |
| | Thursday | 15-Mar-18 | 6:45pm | Speed | ✓ | ✓ | ✓ | 5 x (3mins out/1min recovery/3mins back) | Industrial Estate (Visa Centre) | 3.5 miles | 5k | Targeting improved speed endurance |
| | Sunday | 18-Mar-18 | | | X | X | ✓ | ALLOA HALF MARATHON | | | | |
| | Tuesday | 20-Mar-18 | 6:45pm | Tempo | X | ✓ | ✓ | 35 min - out and back | FRB via Admiralty Road/Inverkeithing | 6-8 miles | 10K-HM | Continuous runs targeting near to race pace - aim to build up pace in order to run a negative split |
| | Thursday | 22-Mar-18 | 6:45pm | Speed | ✓ | ✓ | ✓ | 8 x 800m loops (Gym Loop) - 2 mins recovery | Industrial Estate (Gym Loop) | 4 miles | 5k | Targeting improved speed endurance |
| | Sunday 25th March - CLOCKS GO FORWARD 1 HOUR5 | | | | | | | | | | | |
| Tuesday | 27-Mar-18 | 6:45pm | Handicap | X | ✓ | ✓ | Monthly handicap - use as time trial to benchmark fitness | Handicap route | 5k & 5miles | Race pace | 5k or 5 mile time trial to measure improved performance | |

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| Phase | Day | Date | Start time | Session | Ready | Steady | Go | Description | Route | Approx. Distance | Recommended pace | Objective |
|---|------------------|------------------|---------------|--------------------|----------|--------|----|---|--------------------------------------|------------------------|--------------------------|---|
| Speed/Endurance (Targeting Half Marathon-Marathon) | Thursday | 29-Mar-18 | 6:45pm | Tempo | X | ✓ | ✓ | 20 min continuous tempo run | Flat road at Sky | 2-3 miles | 5k-10k | Developing speed endurance (5k-10k racing) |
| | Sunday | 01-Apr-18 | | END. CHAMP | X | ✓ | ✓ | TAY TEN | | | | |
| | Tuesday | 03-Apr-18 | 6:45pm | Speed | ✓ | ✓ | ✓ | 6 x 1000m (3 min rest) | Lapwing/Aberdour/Masterton | 6k | 10k | Building speed endurance across longer intervals - targeting 10k-Half Marathon |
| | Thursday | 05-Apr-18 | 6:45pm | Tempo | X | ✓ | ✓ | 25 min continuous tempo run | Pitreavie Playing Fields | 2-4 miles | 5k-10k | Developing speed endurance (5k-10k racing) |
| | Sunday | 08-Apr-18 | | END. CHAMP | X | ✓ | ✓ | ROUND THE HOUSES 10K (Grangemouth) | | | | |
| | Tuesday | 10-Apr-18 | 6:45pm | Speed | ✓ | ✓ | ✓ | 7 x 1000m (3 min rest) | Lapwing/Aberdour/Masterton | 7k | 10k | Building speed endurance across longer intervals - targeting 10k-Half Marathon |
| | Thursday | 12-Apr-18 | 6:45pm | Tempo | X | ✓ | ✓ | 30 min continuous tempo run | Flat road at Sky | 3-4 miles | 5k-10k | Developing speed endurance (5k-10k racing) |
| | Tuesday | 17-Apr-18 | 6:45pm | Speed | ✓ | ✓ | ✓ | 8 x 1000m (3 min rest) | Lapwing/Aberdour/Masterton | 8k | 10k | Building speed endurance across longer intervals - targeting 10k-Half Marathon |
| | Thursday | 19-Apr-18 | 6:45pm | Tempo | X | ✓ | ✓ | 35 min continuous tempo run | Pitreavie Playing Fields | 3-5 miles | 5k-10k | Developing speed endurance (5k-10k racing) |
| | Tuesday | 24-Apr-18 | 6:45pm | Handicap | X | ✓ | ✓ | Monthly handicap - use as time trial to benchmark fitness | Handicap route | 5k & 5miles | Race pace | 5k or 5 mile time trial to measure improved performance |
| | Thursday | 26-Apr-18 | 6:45pm | Recovery | X | ✓ | ✓ | 20 min continuous tempo run | Flat road at Sky | 2-3 miles | 5k-10k | Developing speed endurance (5k-10k racing) |
| | Tuesday | 01-May-18 | 6:45pm | Hills | ✓ | ✓ | ✓ | 3 x Lane (Up (0.75mile)/Down (0.75mile)) - 2 min recovery either end | Pitreavie Lane | 4.5miles | Controlled effort | Building endurance/stamina |
| | Thursday | 03-May-18 | 6:45pm | Tempo | ✓ | ✓ | ✓ | Group session: 4 X 1 mile (3 min rest recovery) | Pitreavie Playing Fields | 4 miles | 10k+ | Building speed endurance across longer intervals - targeting 10k-Half Marathon |
| | Friday | 05-May-18 | | SPEED CHAMP | ✓ | ✓ | ✓ | SCOTTISH 5K CHAMPS (Date TBC) | | | | |
| | Tuesday | 08-May-18 | 6:45pm | Hills | ✓ | ✓ | ✓ | 3 x Lane (Up (0.75mile)/Down (0.75mile)) - 2 min recovery at top | Pitreavie Lane | 6 miles | Controlled effort | Building endurance/stamina |
| | Thursday | 10-May-18 | 6:45pm | Tempo | ✓ | ✓ | ✓ | Group session: 5 X 1 mile (3 min rest recovery) | Pitreavie Playing Fields | 5 miles | 10k+ | Building speed endurance across longer intervals - targeting 10k-Half Marathon |
| | Tuesday | 15-May-18 | 6:45pm | Hills | ✓ | ✓ | ✓ | 3 x Lane (Up (0.75mile)/Down (0.75mile)) - 2 min recovery either end | Pitreavie Lane | 6 miles | Controlled effort | Building endurance/stamina |
| | Thursday | 17-May-18 | 6:45pm | Tempo | ✓ | ✓ | ✓ | Group session: 5 X 1 mile (3 min rest recovery) | Pitreavie Playing Fields | 5 miles | 10k+ | Building speed endurance across longer intervals - targeting 10k-Half Marathon |
| | Saturday | 19-May-18 | | SPEED CHAMP | ✓ | ✓ | ✓ | KIRCALDY PARKRUN | | | | |
| | Thursday | 24-May-18 | 6:45pm | Tempo | ✓ | ✓ | ✓ | Group session: 2 x 2 miles (5 mins rest recovery) | Pitreavie Playing Fields | 4 miles | 10k-HM | Building speed endurance across longer intervals - targeting 10k-Half Marathon |
| | Tuesday | 29-May-18 | 6:45pm | Handicap | X | ✓ | ✓ | Monthly handicap - use as time trial to benchmark fitness | Handicap route | 5k & 5miles | Race pace | 5k or 5 mile time trial to measure improved performance |
| | Thursday | 29-May-18 | 6:45pm | Recovery | ✓ | ✓ | ✓ | 20 min - out and back | Linburn/Halbeath | 4-5 miles | Relaxed/Steady | Easier paced recovery run - Partner up |
| | Tuesday | 05-Jun-18 | 6:45pm | Speed | ✓ | ✓ | ✓ | Group session: 6 x 800m (2 min rest) | Grass/Lane Pitreavie | 3.5 miles | 5k+ | Targeting improved performance in 5k-5mile races |
| | Wednesday | 06-Jun-18 | | SPEED CHAMP | X | ✓ | ✓ | CAAC 5 Miler (Date TBC) | | | | |
| | Thursday | 07-Jun-18 | 6:45pm | Tempo | ✓ | ✓ | ✓ | 25 min - out and back | Crossgates (via Duloch) | 5-6 miles | 10K-HM | Continuous runs targeting near to race pace - aim to build up pace in order to run a negative split |
| | Tuesday | 12-Jun-18 | 6:45pm | Speed | ✓ | ✓ | ✓ | Group session: 7 x 800m (2 min rest) | Grass/Lane Pitreavie | 4 miles | 5k+ | Targeting improved performance in 5k-5mile races |
| | Thursday | 14-Jun-18 | 6:45pm | Tempo | ✓ | ✓ | ✓ | 30 min - out and back | Pattiesmuir/Limekilns | 5-7 miles | 10k-HM | Continuous runs targeting near to race pace - aim to build up pace in order to run a negative split |
| | Tuesday | 19-Jun-18 | 6:45pm | Speed | ✓ | ✓ | ✓ | Group session: 8 x 800m (2 min rest) | Grass/Lane Pitreavie | 4 miles | 5k+ | Targeting improved performance in 5k-5mile races |
| | Thursday | 21-Jun-18 | 6:45pm | Tempo | ✓ | ✓ | ✓ | 35 min - out and back | FRB via Admiralty Road/Inverkeithing | 6-8 miles | 10k-HM | Continuous runs targeting near to race pace - aim to build up pace in order to run a negative split |
| | Tuesday | 26-Jun-18 | 6:45pm | Handicap | X | ✓ | ✓ | Monthly handicap - use as time trial to benchmark fitness | Handicap route | 5k & 5miles | Race pace | 5k or 5 mile time trial to measure improved performance |

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| Maintenance (Carrying fitness/form through summer/autumn events) | Thursday | 28-Jun-18 | | SPEED CHAMP | X | ✓ | ✓ | MILNATHORT DASH (Date TBC) | | | | |
| | Tuesday | 03-Jul-18 | 6:45pm | Speed | ✓ | ✓ | ✓ | Relay (in pairs): 2 sets of 6 Loops (recovery is time partner takes to run) - 5 minutes between sets (circa 400m per loop) | Grass Pitreavie | 5k | 5k+ | Targeting improved performance in 5k-5mile races |
| | Wednesday | 04-Jul-18 | | SPEED CHAMP | X | ✓ | ✓ | BRIG BASH 5 (Date TBC) | | | | |
| | Thursday | 05-Jul-18 | 6:45pm | Tempo | X | ✓ | ✓ | (10mins) 1/2/3/4/5/5/4/3/2/1min (10mins) - 2mins rec. back to group | Linburn/Duloch loops (short 3.5 & long 6) | 3-7miles | 10k-HM | Continuous runs at a controlled effort to develop speed/endurance |
| | Tuesday | 10-Jul-18 | 6:45pm | Speed | ✓ | ✓ | ✓ | Relay (in pairs): 2 sets of 6 Loops (recovery is time partner takes to run) - 5 minutes between sets (circa 400m per loop) | Grass Pitreavie | 5k | 5k+ | Targeting improved performance in 5k-5mile races |
| | Thursday | 12-Jul-18 | 6:45pm | Tempo | X | ✓ | ✓ | (10mins) 2/3/4/5/6/5/4/3/2min (10mins) - 2mins rec. back to group | Bakery Road/Patiesmuir | 6-8miles | 10k-HM | Continuous runs at a controlled effort to develop speed/endurance |
| | Sunday | 15-Jul-18 | | END. CHAMP | X | X | ✓ | DUNDEE HALF MARATHON (HALF DRAM) | | | | |
| | Tuesday | 17-Jul-18 | 6:45pm | Speed | ✓ | ✓ | ✓ | Relay (in pairs): 2 sets of 6 Loops (recovery is time partner takes to run) - 5 minutes between sets (circa 400m per loop) | Grass Pitreavie | 5k | 5k+ | Targeting improved performance in 5k-5mile races |
| | Thursday | 19-Jul-18 | 6:45pm | Tempo | X | ✓ | ✓ | (10mins) 2/3/4/5/6/5/4/3/2min (10mins) - 2 mins rec. back to group | Amazon/Duloch/Aberdour Rd. | 6-8miles | 10k-HM | Continuous runs at a controlled effort to develop speed/endurance |
| | Tuesday | 24-Jul-18 | 6:45pm | Handicap | X | ✓ | ✓ | Monthly handicap - use as time trial to benchmark fitness | Handicap route | 5k & 5miles | Race pace | 5k or 5 mile time trial to measure improved performance |
| | Thursday | 26-Jul-18 | 6:45pm | Recovery | ✓ | ✓ | ✓ | 20 min - out and back | Queensferry Road/Abbey | 4-5 miles | Relaxed/Steady | Easier paced recovery run - Partner up |
| | Sunday | 29-Jul-18 | | END. CHAMP | X | ✓ | ✓ | DONKEY BRAE (7 MILES) (Date TBC) | | | | |
| | Tuesday | 31-Jul-18 | 6:45pm | Speed | ✓ | ✓ | ✓ | (10min warm up) 10 x 200m (Walk recovery back to start) (10min warm down) | Grass Pitreavie | 2k | Sprint | Targeting improved leg turnover and speed endurance |
| | Thursday | 02-Aug-18 | 6:45pm | Tempo | ✓ | ✓ | ✓ | 8 x 0.5 mile (bottom section/top section) 2min recovery | Pittencrief Park | 4 miles | 10k | Building speed endurance across longer intervals - targeting 10k-Half Marathon |
| | Tuesday | 07-Aug-18 | 6:45pm | Speed | ✓ | ✓ | ✓ | (10min warm up) 12 x 200m (Walk recovery back to start) (10min warm down) | Grass Pitreavie | 2.4k | Sprint | Targeting improved leg turnover and speed endurance |
| | Thursday | 09-Aug-18 | 6:45pm | Tempo | ✓ | ✓ | ✓ | 8 x 0.5 mile (bottom section/top section) 2min recovery | Pittencrief Park | 4 miles | 10k | Building speed endurance across longer intervals - targeting 10k-Half Marathon |
| | Saturday | 11-Aug-18 | | END. CHAMP | X | X | ✓ | HADDINGTON HALF MARATHON (Date TBC) | | | | |
| | Tuesday | 14-Aug-18 | 6:45pm | Speed | ✓ | ✓ | ✓ | (10min warm up) 14 x 200m (Walk recovery back to start) (10min warm down) | Grass Pitreavie | 2.8k | Sprint | Targeting improved leg turnover and speed endurance |
| | Thursday | 16-Aug-18 | 6:45pm | Tempo | ✓ | ✓ | ✓ | 4 x 1 mile (Full loop) 3 min recovery | Pittencrief Park | 4 miles | 10k | Building speed endurance across longer intervals - targeting 10k-Half Marathon |
| | Saturday | 18-Aug-18 | | SPEED CHAMP | ✓ | ✓ | ✓ | DUNFERMLINE PARKRUN | | | | |
| | Tuesday | 21-Aug-18 | 6:45pm | Speed | ✓ | ✓ | ✓ | (10min warm up) 16 x 200m (Walk recovery back to start) (10min warm down) | Grass Pitreavie | 3.2k | Sprint | Targeting improved leg turnover and speed endurance |
| | Thursday | 23-Aug-18 | 6:45pm | Tempo | ✓ | ✓ | ✓ | 4 x 1 mile (Full loop) 3 min recovery | Pittencrief Park | 4 miles | 10k | Building speed endurance across longer intervals - targeting 10k-Half Marathon |
| | Tuesday | 28-Aug-18 | 6:45pm | Handicap | X | ✓ | ✓ | Monthly handicap - use as time trial to benchmark fitness | Handicap route | 5k & 5miles | Race pace | 5k or 5 mile time trial to measure improved performance |
| | Thursday | 30-Aug-18 | 6:45pm | Recovery | ✓ | ✓ | ✓ | 20 min - out and back | Patiesmuir | 4-5 miles | Relaxed/Steady | Easier paced recovery run - Partner up |
| | Tuesday | 04-Sep-18 | 6:45pm | Speed | ✓ | ✓ | ✓ | 2 x (1/1.5/2/3/2/1.5/1) - 1 min jog recovery/5 mins between sets (30mins) | Grass Pitreavie | 4miles | 5k+ | Targeting improved leg turnover and speed endurance |
| | Wednesday | 05-Sep-18 | | SPEED CHAMP | X | ✓ | ✓ | Stewart Duncan Memorial 5k (Date TBC) | | | | |
| | Thursday | 06-Sep-18 | 6:45pm | Hills | ✓ | ✓ | ✓ | Hills - continuous pyramid (25 mins) - using paths as turning points | Duloch Lane | 5k | Controlled effort | Building an endurance base for the next season |
| | Sunday | 09-Sep-18 | | END. CHAMP | X | ✓ | ✓ | STIRLING 10K (Date TBC) | | | | |
| | Tuesday | 11-Sep-18 | 6:45pm | Speed | ✓ | ✓ | ✓ | 2 x (2/3/4/3/2 mins) - 1 min jog recovery/5 mins between sets (35mins) | Grass Pitreavie | 5miles | 5k+ | Targeting improved leg turnover and speed endurance |
| | Thursday | 13-Sep-18 | 6:45pm | Hills | ✓ | ✓ | ✓ | Hills - continuous pyramid (30 mins) - using paths as turning points | Duloch Lane | 5k | Controlled effort | Building an endurance base for the next season |
| Tuesday | 18-Sep-18 | 6:45pm | Speed | ✓ | ✓ | ✓ | 2 x (3/4/5/4/3 mins) - 1 min jog recovery/5 mins between sets (45mins) | Grass Pitreavie | 5miles | 5k+ | Targeting improved leg turnover and speed endurance | |
| Thursday | 20-Sep-18 | 6:45pm | Hills | ✓ | ✓ | ✓ | Hills - continuous pyramid (35 mins) - using paths as turning points | Duloch Lane | 4miles | Controlled effort | Building an endurance base for the next season | |
| Tuesday | 25-Sep-18 | 6:45pm | Handicap | X | ✓ | ✓ | Monthly handicap - use as time trial to benchmark fitness | Handicap route | 5k & 5miles | Race pace | 5k or 5 mile time trial to measure improved performance | |

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| Phase | Day | Date | Start time | Session | Ready | Steady | Go | Description | Route | Approx. Distance | Recommended pace | Objective | |
|-----------------------------------|--|-----------|------------|----------|-------|--------|----|--|--|------------------|-------------------|---|--|
| Endurance (Building your base) | Thursday | 27-Sep-18 | 6:45pm | Recovery | X | ✓ | ✓ | 20 min - out and back | Rosyth/Tankroad | 4-5 miles | Relaxed/Steady | Easier paced recovery run - Partner up | |
| | Tuesday | 02-Oct-18 | 6:45pm | Speed | ✓ | ✓ | ✓ | 2 x (2x200m (1min)/2x400m (1m30s)/2x800m (2min)) | Industrial Estate | 3.5 miles | 5k-10k | Targeting improved speed endurance | |
| | Thursday | 04-Oct-18 | 6:45pm | Tempo | X | ✓ | ✓ | Group session - 2 mins effort/2mins jog recovery back to group | Aberdour Loop (Short 3 & Long 6) | 5-7 miles | 10k-HM | Continuous runs at a controlled effort to develop speed/endurance | |
| | Tuesday | 09-Oct-18 | 6:45pm | Speed | ✓ | ✓ | ✓ | 5 x (3mins out/1min recovery/3mins back) | Industrial Estate (Visa Centre) | 3.5 miles | 5k | Targeting improved speed endurance | |
| | Thursday | 11-Oct-18 | 6:45pm | Tempo | X | ✓ | ✓ | Group session - 3 mins effort/2mins jog recovery back to group | Industrial Estate/Aberdour Loop (Short 3.5/Long 7) | 5-7 miles | 10k-HM | Continuous runs at a controlled effort to develop speed/endurance | |
| | Tuesday | 16-Oct-18 | 6:45pm | Speed | ✓ | ✓ | ✓ | 6 x 800m loops (Gym Loop) - 2 mins recovery | Industrial Estate (Gym Loop) | 3 miles | 5k | Targeting improved speed endurance | |
| | Thursday | 18-Oct-18 | 6:45pm | Tempo | X | ✓ | ✓ | Group session - 4 mins effort/2mins jog recovery back to group | Greenshanks/Lapwing (Short 3.5/Long 7) | 5-7 miles | 10k-HM | Continuous runs at a controlled effort to develop speed/endurance | |
| | Tuesday | 23-Oct-18 | 6:45pm | Speed | ✓ | ✓ | ✓ | 6 x 800m loops (Gym Loop) - 2 mins recovery | Industrial Estate (Gym Loop) | 4 miles | 5k | Targeting improved speed endurance | |
| | Thursday | 25-Oct-18 | 6:45pm | Tempo | X | ✓ | ✓ | Group session - 5 mins effort/2mins jog recovery back to group | Linburn/Woodmill/Pan Handle (Short 4.5/Long 7) | 5-7 miles | 10k-HM | Continuous runs at a controlled effort to develop speed/endurance | |
| | Sunday 28th October - CLOCKS GO BACK 1 HOUR | | | | | | | | | | | | |
| | Tuesday | 30-Oct-18 | 6:45pm | Handicap | X | ✓ | ✓ | Monthly handicap - use as time trial to benchmark fitness | Handicap route | 5k & 5miles | Race pace | 5k or 5 mile time trial to measure improved performance | |
| | Thursday | 01-Nov-18 | 6:45pm | Recovery | X | ✓ | ✓ | 20 min - out and back | Linburn Road/Halbeath | 4-5 miles | Relaxed/Steady | Easier paced recovery run - Partner up | |
| | Tuesday | 06-Nov-18 | 6:45pm | Tempo | X | ✓ | ✓ | 25 min - out and back | Linburn/Halbeath | 6-8miles | 10k-HM | Continuous runs targeting near to race pace - aim to build up pace in order to run a negative split | |
| | Thursday | 08-Nov-18 | 6:45pm | Hills | X | ✓ | ✓ | BENCHMARKING SESSION: Continuous Hills (35 mins) | Pitreavie Castle | 3-4 miles | Controlled effort | Benchmarking session to help measure progress following hill training block | |
| | Tuesday | 13-Nov-18 | 6:45pm | Tempo | X | ✓ | ✓ | 30 min - out and back | High Street/Garvock | 6-8miles | 10k-HM | Continuous runs targeting near to race pace - aim to build up pace in order to run a negative split | |
| | Thursday | 15-Nov-18 | 6:45pm | Hills | X | ✓ | ✓ | Lamppost pyramid session (35 mins continuous) | Skylark Road | 4 miles | Controlled effort | Building an endurance base for the next season | |
| | Tuesday | 20-Nov-18 | 6:45pm | Tempo | X | ✓ | ✓ | 35 min - out and back | Duloch/Crossgates | 6-8miles | 10k-HM | Continuous runs targeting near to race pace - aim to build up pace in order to run a negative split | |
| | Thursday | 21-Nov-18 | 6:45pm | Hills | X | ✓ | ✓ | 35 mins continuous hills (path progression) | Duloch Lane | 3 miles | Controlled effort | Building an endurance base for the next season | |
| | Tuesday | 27-Nov-18 | 6:45pm | Tempo | ✓ | ✓ | ✓ | 25 min continuous tempo run | Flat road at Sky | 3-4 miles | 5k-10k | Developing speed endurance (5k-10k racing) | |
| | Thursday | 29-Nov-18 | 6:45pm | Hills | X | ✓ | ✓ | 8 x 30s / 6 x 45s / 4 x 1min (jog recovery between sets) | Skylark Road | 2.5 miles | Hard efforts | Building an endurance base for the next season | |
| | Tuesday | 04-Dec-18 | 6:45pm | Tempo | ✓ | ✓ | ✓ | 30 min continuous tempo run | Flat road at Sky | 3-4 miles | 5k-10k | Developing speed endurance (5k-10k racing) | |
| | Thursday | 06-Dec-18 | 6:45pm | Hills | X | ✓ | ✓ | BENCHMARKING SESSION: Continuous Hills (35 mins) | Pitreavie Castle | 3-4 miles | Controlled effort | Benchmarking session to help measure progress following hill training block | |
| | Tuesday | 11-Dec-18 | 6:45pm | Tempo | ✓ | ✓ | ✓ | 35 min continuous tempo run | Flat road at Sky | 4-5 miles | 5k-10k | Developing speed endurance (5k-10k racing) | |
| | Thursday | 13-Dec-18 | 6:45pm | Hills | X | ✓ | ✓ | Hill pyramid session (35 mins continuous) | Duloch Lane | 3 miles | Controlled effort | Building an endurance base for the next season | |
| | Tuesday | 18-Dec-18 | 6:45pm | Tempo | X | ✓ | ✓ | Group session - (3,4,5,4,3 min efforts) x 2 - 2mins jog recovery back to group | Tankroad/Inverkeithing | 6-8 miles | Relaxed | Social run to recover at the end of training blocks | |
| | Thursday | 20-Dec-18 | 6:45pm | Hills | X | ✓ | ✓ | Lamppost pyramid session (35 mins continuous) | Skylark Road | 4 miles | Controlled effort | Building an endurance base for the next season | |
| | Tuesday | 25-Dec-18 | 6:45pm | n/a | | | | No training | n/a | n/a | n/a | n/a | |
| | Thursday | 27-Dec-18 | 6:45pm | n/a | | | | No training | n/a | n/a | n/a | n/a | |