K&CAC Seniors - 6 week Training Plan for Yorkshire Road Relays

W/C August 8th 2016

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday 13th	Sunday	Totals	Weekly Overview
Schedule Session	30 mins Steady Run	Tempo work - KCC	30 mins Steady Run	Speed Endurance session UAK Track	Warm Up and Strides	**Race - Littondale 4**	Long Run - 90mins duration (10 to 12 miles)		
Session Detail		3x1 mile repeats with 90 secs recovery (aimed at 5K race pace)		8x300m reps with 100m jog recoveries			Steady	0	
Total Mileage								0	
Difficulty Level (1 Easy to 10 V Hard)								0	
How did I do?								N/A	
How did I feel?								N/A	

W/C August 15th 2016

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals	Weekly Overview
Schedule Session	30 mins Steady Run	Glenlyon Hill Reps	40 mins Steady Run	Speed Endurance session UAK Track	40 mins Steady Run	Speed Endurance session UAK Track	Long Run - 90mins duration (10 to 12 miles)		
Session Detail		8 full reps - up and off the top, followed by 6 short sprints		12x400m with 100m jog recoveries		6x800m at 75 sec laps (100mwalk/100m jog recoveries)	Alternate 1 mile steady, 1 mile marathon race pace	0	
Total Mileage								0	
Difficulty Level								0	
How did I do?								N/A	
How did I feel?								N/A	

W/C August 22nd 2016

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals	Weekly Overview
Schedule Session	30 mins Steady Run	Tempo work - Airedale Hospital	40 mins Steady Run	Speed Endurance session UAK Track	20 mins Easy Run	Speed Endurance session UAK Track	Long Run - 90mins duration (10 to 12 miles)		
Session Detail		3x2 mile repeats at 10K race pace		24x200m with 100m jog recoveries		400m in 70 sec (100m jog recovery) x3, 300m flat out x 3 sets	Alternate 1 mile steady, 1 mile marathon race pace	0	
Total Mileage								0	
Difficulty Level (1 Easy to 10 V Hard)								N/A	
How did I do?								N/A	
How did I feel?								N/A	

			K&CAC Seniors - 6 week Training Plan for Yorkshire Road Relays						
				W/C August 29th 2016					
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	**Totals**	**Weekly Overview**
Schedule Session	30 mins Steady Run	Tempo work - Cliffe Castle loops	40 mins Steady Run	Speed Endurance session UAK Track	20 mins Easy Run	Speed Endurance session UAK Track	Long Run - 90mins duration (10 to 12 miles)		
Session Detail		300m, 500m, 600m, 800m x 3		24x200m		3x1 mile repeats with 90 secs recovery (aimed at 5K race pace)		0	
Total Mileage								0	
Difficulty Level								N/A	
How did I do?								N/A	
How did I feel?								N/A	
				W/C 5th September 2016					
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	**Totals**	**Weekly Overview**
Schedule Session	30 mins Steady Run	Tempo/Hill work - Steeton lights/Jubilee Tower	40 min Steady Run	Speed Endurance session UAK Track	40 min Steady Run	Speed Endurance session UAK Track	Long Run - 90mins duration (10 to 12 miles)		
Session Detail		2 mile tempo to Steeton lights at 5K race pace, Jubilee Tower Hill reps x 3		1x600m, 2 x400m, 4x200m x 3 sets		5 x 1000m at 5K race pace with 90 seconds recoveries		0	
Total Mileage								0	
Difficulty Level								0	
How did I do?								N/A	
How did I feel?								N/A	
				W/C 12th September 2016					
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday 18th Spet	**Totals**	**Weekly Overview**
Schedule Session	40 min Steady Run	Tempo work - Riddlesden measured mile	40 min Steady Run	Drills and Conditioning Session UAK Track	20 mins Easy Run	Warm Up and Strides	Yorkshire Road Relays		
Session Detail		1x3 mile repeats at 5K race pace with 90 second recoveries		Run through a drills and conditioning session			Race day!	0	
Total Mileage								0	
Difficulty Level								0	
How did I do?								N/A	
How did I feel?								N/A	