

Senior Training Plan January 2025

Date	Tuesday			Wednesday	Thursday			Saturday/ Sunday
	Group1/ Emma	Group 2/ Brian	Group 3/ Mark		Group1/ Emma	Group 2/ Brian	Group 3/ Mark	
7/01/25	Steady Run 5 Miles	Steady Run 5 Miles	Steady Run 5-7 Miles		Steady Run 4-5 Miles	Tempo Run 4-5 Miles	Headtorch Run 6-8 Miles	Sunday 12th January, Birtley Relays
14/01/25	Senior Handicap 4.6 Miles			15th January, Committee Meeting, 7:30pm Craghead Village Hall	Steady Run 4-5 Miles	Steady Run 5-6 Miles	Steady Run 6-8 Miles	Sunday 19th January, NEHL, Wrekenton
21/01/25	Steady Run 5 Miles	Steady Run 6 Miles	Steady Run 7 Miles		Emma's Lamppost session	Lamppost Session 4,6,8,6,8		
28/01/25	Steady Run 5 Miles	Concertina Hills 6 x 2 Minutes			Steady Run 5 Miles	Steady Run 6-7 Miles	Steady Run 7-8 Miles	Sunday 2nd February, Sherman Cup/ Davison Shield

February 2025

Date	Tuesday			Wednesday	Thursday			Saturday/ Sunday
Coach/ Group	Group1/ Emma	Group 2/ Brian	Group 3/ Mark		Group1/ Emma	Group 2/ Brian	Group 3/ Mark	
4/02/25	Steady Run 5 Miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles		Kenyan Hills Session 40 Minutes			
11/02/25	Senior Handicap 4.6 Miles				Steady Run 4-5 Miles	Steady Run 5-6 Miles	Steady Run 7-8 Miles	
18/02/25	Steady Run 5 Miles	Steady Run 6 Miles	Headtorch Run 6-7 Miles		Emma's Lamppost Session	Lamppost Session 4,6,8,6,4		
25/02/25	Steady Run 5-6 Miles	Interval Session 6 x 2 minutes			Steady Run 5 Miles	Steady Run 6 Miles	Steady Run 7-8 Miles	Saturday 1st March, NEHL, Alnwick