

Senior Training Plan: April 2024

Day and Time	Tuesday 6:45pm			Wednesday/ Competitions	Thursday 6:45pm			Saturday/Sun day, Competitions
Group/Coach	Group 1 Emma	Group 2 Brian	Group 3 Mark		Group 1 Emma	Group 2 Brian	Group 2 Mark D	10am Sunday
02/04/24	Senior Handicap 4.5 Miles Brian Mark				Steady Run 4-5 Miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	Sunday 7th April Blyth 10K
09/04/24	Steady Run 4-5 Miles	½ Mile Intervals x 5/6			Steady Run 4-5 Miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	Saturday 13th April Thornley Hall Farm NEHL Sunday 14th April Sand Dancer 10K South Shields
16/04/24	Kenyan Hills 40 Minutes				Steady Run 4-5 Miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	Sunday 21st April London Marathon Good Luck to Stephen and Gareth
23/04/24	Steady Run 4-5 Miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles		Paarluff Session 2 sets of 3 or 4 Efforts			
30/04/24	Steady Run 4-5 Miles	Steady Run 5-6 Miles	Long Run 8-10 Miles		Steady Run 4-5 Miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	Gateshead 10k and ½ Marathon