

# Senior Training Plan

June 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	
03/06/25	Bolts Law Fell Run, 7pm, Rookehope All members welcome to come along this event is free to enter				Steady Run 4 Miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	Monday 9th June Blaydon Race
	Steady Run 4-5 Miles							
10/06/25	Senior Handicap 4.5 Miles				Steady Run 4 Miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	Sunday 15th June Darlington 10K Trail Race
17/06/25	Steady Run 5 Miles	Steady Run 5-6 Miles	Steady Run 7-8 Miles		Paarluff Session 2 sets of 3 or 4 Efforts			21st june Durham Dales Challenge
24/06/25	½ Mile Intervals 4,5 or 6 Efforts				Steady Run 4-5 Miles	Steady Run 6 Miles	Steady Run 6-7 Miles	

## July 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	
01/07/25	Steady Run 4 Miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	2nd July, Tynedale Pie and Peas 10K Willow Minor 5 Mile Trail race	Summer Kenyan Hills 40 Minutes			Sunday 6th July, Great North 10K
08/07/25	Senior Handicap 4.5 Miles				Steady Run 4 Miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	
15/07/25	Steady Run 5 Miles	Steady Run 5-6 Miles	Steady Run 7-8 Miles		Durham City 10K			
					Paarluff Session 2 Sets of 3 or 4 Efforts			
22/07/25	Summer Kenyan Hills 40 Minutes				Steady Run 4-5 Miles	Steady Run 6 Miles	Steady Run 6-7 Miles	
29/07/25	Steady Run 5 Miles	Steady Run 5-6 Miles	Steady Run 7-8 Miles		Half Mile Intervals 4,5 or 6 Efforts			

**Gateshead 10K Trail Race, Saturday 30th August**

**Middlesbrough 10K, Sunday 31st August**

**HELLHOLE 5 Mile TRAIL RACE, Sunday 14th September**

**Rising Sun, Sunday 14th December**