

ABERYSTWYTH AC WINTER TRAINING SCHEDULE 2017

All the sessions should be a challenge irrespective of your ability or level of fitness and if you push yourself hard during these sessions you will obtain the most benefit in levels of fitness. Running in a group will help you achieve this and perhaps even make it enjoyable. One thing's for sure, you are very unlikely to do these quality sessions by yourself so make every effort to turn up.

Please wear high visibility reflective clothing for training during the winter months.

	OCTOBER
30 Oct	PROM TO PENPARCAU: 1 min effort, 1 min recovery for 30 mins
31 Oct	PROMENADE PUNISHER: Lamp post efforts (4 with 2 recovery) from Alex Hall to just before paddling pool & 1 long effort back to start from bandstand to Alex Hall x 3/4 sets (2 min recovery after each set) (LB)
	NOVEMBER
6 Nov	BIKE PATH TO PROM TIMED EFFORTS: 2x1min, 2x2 min, 2x3 min, 2x2 min, 2x1min
7 Nov	Bike Path: 4 x 1 mile (HM)
13 Nov	ERW GOCH: 6 x 600m efforts
20 Nov	HILLS: Penparcau Loop – continuous 20 min (LB)
21 Nov	BIKE PATH: 2 x 400m 1 x 800m x 2/3
17 Nov	PLAS CRUG: 8 x 600 continuous (300 5k pace, 300m 10k pace)
27 Nov	HILLS: Trefechan Bridge to Penparcau – 6 x 2 mins with downhill return in 3 mins
28 Nov	12(max) x 400m (LB)
	DECEMBER
4 Dec	BUARTH : Fartlek loop 30 min
5 Dec	HILLS: Manweb Hill Sprints 3/4/5 x 3 sets (LB)
11 Dec	HILLS: Manweb hill sprints 15 min continuous loop & 1 final effort up Primrose hill.
12 Dec	BIKE PATH: 2 x 400m 1 x 800m x 2/3 (IE)
18 Dec	CHRISTMAS 2.4 mile PROMENADE DASH: Staggered Start (fantastic prizes to be won!)
19 Dec	5/6 x 1000 (LB)
	CHRISTMAS BREAK BUT SOCIAL RUNS. SEE Facebook CLOSER TO THE TIME FOR DETAILS
	JANUARY
8 Jan	Tempo: 5km
9 Jan	BIKE PATH TO PROM TIMED EFFORTS: 2x1min, 2x2 min, 2x3 min, 2x2 min, 2x1min (IE)
15 Jan	PLAS CRUG: 6 x 600m (with 200 recovery)
16 Jan	HILLS: The return of Trevor Road x 10 hill sprints (HM)
22 Jan	ERW GOCH: Pyramid Session 200m, 400m, 600m, 800m, (1000m), 800m, 600m, 400m, 200m
23 Jan	5KM CIRCUIT: 7 min (-halfmarathon pace), 7 min (10 mile pace), 7 min (10k pace) (LB)

29 Jan	HILLS: Penparcau Loop – continuous 20 min.
30 Jan	1 x 1600, 1 x 1200, 1 x 800, 1 x 400, 1 x 200 (400 recovery between each) (IE)
	FEBRUARY
5 Feb	ERW GOCH: 8/10 400m in pairs as relay
6 Feb	BIKE PATH & PROM: 3 x 13 min efforts (2.3 min recovery) (HM)
12 Feb	BIKE PATH: 1 x 1 mile, 2 x 800, 1 x 1 mile
13 Feb	HILLS: Trefechan bridge to Penparcau 6 x 2 min return in 2.30 (LB)
19 Feb	BIKE PATH TO PROM TIMED EFFORTS: 2x1min, 2x2 min, 2x3 min, 2x2 min, 2x1min
20 Feb	ERW GOCH: 12 (max) 400 in pairs as relay (IE)
26 Feb	HILLS: Manweb Hill Sprints 3/4/5 x 3 sets (3 min recovery between each set)
27 Feb	5/6 x 800m (LB)
	MARCH
5 Mar	TIME TRIAL: 5m Prom & bikepath (flat) OPEN TO ALL CLUB MEMBERS (LB)
6 Mar	CYCLE PATH: 1 X 1 mile, 2 x 800m, 1 x 1 mile, 2 x 800m (LB)
12 Mar	PLAS CRUG: 7 x 600 continuous (300 5k pace, 300m 10k pace)
13 Mar	HILLS: Manweb hill sprints 15 min continuous loop & 1 final effort up Primrose hill. (HM)
19 Mar	ERW GOCH: Pyramid Session 200m, 400m, 600m, 800m, (1000m), 800m, 600m, 400m, 200m
20 Mar	BLAEN DOLLAU: 5/6 1 km efforts (IE)
26 Mar	HILLS: Road to Golf Course 4 x 3 mins
27 Mar	10/11/12 x 400 (200 recovery) (LB)
	APRIL
2 Apr	VICARAGE FIELDS: 3 efforts per loop of field, 2/3 laps per set x 3
3 Apr	Buarth: Fartlek loop (LB)
9 Apr	TIME TRIAL: 5km bike path and prom OPEN TO ALL CLUB MEMBERS
10 Apr	HILLS: Constitution Hill 1 x 1 min, 1 x 2 min, 1 x 3 min x 2 (HM)
16 Apr	Bike Path: Blaen Dollau 4/5 x 1 km efforts.
17 Apr	VICARAGE FIELDS: 3 efforts per loop of field, 2/3 laps per set x 3 (IE)
23 Apr	HILLS: Constitution Hill and Clarach loop (2 hill climbs)
24 Apr	6/7/8 x 600 (200 recovery) (LB)