

ABERYSTWYTH AC WINTER TRAINING SCHEDULE 2018

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.

	NOVEMBER
5 Nov	BIKE PATH TO PROM TIMED EFFORTS: 2x1min, 2x2 min, 2x3 min, 2x2 min, 2x1min
6 Nov	Bike Path: 4 x 1 mile (HM)
12 Nov	ERW GOCH: 6 x 600m efforts
13 Nov	HILLS: Penparcau Loop – continuous 20 min (LB)
19 Nov	BIKE PATH: 2 x 400m 1 x 800m x 2/3
20 Nov	PLAS CRUG: 8 x 600 continuous (300 5k pace, 300m 10k pace)
26 Nov	HILLS: Trefechan Bridge to Penparcau – 6 x 2 mins with downhill return in 2.3 mins
27 Nov	ERW GOCH: 12(max) x 400m in pairs as relay (LB)
	DECEMBER
3 Dec	BUARTH : Fartlek loop 30 min
4 Dec	HILLS: Manweb Hill Sprints 3/4/5 x 3 sets (LB)
10 Dec	HILLS: Manweb Hill Sprints 3/4/5 x 3 sets (LB)
11 Dec	TRACK: 6 x 800m with 400m recovery(IE)
17 Dec	CHRISTMAS 2.4 mile PROMENADE DASH: Staggered Start (fantastic prizes to be won!)
18 Dec	Promenade to Bike Path: 30 min run, 1 min effort, 1 min recovery
	CHRISTMAS BREAK BUT SOCIAL RUNS. SEE Facebook CLOSER TO THE TIME FOR DETAILS
	JANUARY
7 Jan	Town: 30 min run 1 min effort, 1 min recovery
8 Jan	TRACK: max 12 x 400m with 200m recovery
14 Jan	PLAS CRUG: 6 x 600m
15 Jan	HILLS: The return of Trevor Road x 10 hill sprints (HM)
21 Jan	ERW GOCH: Pyramid Session 200m, 400m, 600m, 800m, (1000m), 800m, 600m, 400m, 200m
22 Jan	BIKE PATH TO PROM TIMED EFFORTS: 2x1min, 2x2 min, 2x3 min, 2x2 min, 2x1min (IE)
28 Jan	HILLS: Penparcau Loop – continuous 20 min.
29 Jan	TRACK: 1 x 1600, 1 x 1200, 1 x 800, 1 x 400, 1 x 200 (400 recovery between each) (IE)
	FEBRUARY
4 Feb	ERW GOCH: 8/10 400m in pairs as relay
5 Feb	BIKE PATH & PROM: 3 x 10 min efforts (2.3 min recovery) (HM)
11 Feb	BIKE PATH: 1 x 1 mile, 2 x 800, 1 x 1 mile

12 Feb	HILLS: Trefechan bridge to Penparcau 6 x 2 min return in 2.30 (LB)
18 Feb	BIKE PATH TO PROM TIMED EFFORTS: 2x1min, 2x2 min, 2x3 min, 2x2 min, 2x1min
19 Feb	ERW GOCH: 12 (max) 400 in pairs as relay (IE)
25 Feb	HILLS: Manweb Hill Sprints 3/4/5 x 3 sets (3 min recovery between each set)
26 Feb	Plas Crug: 8 x 600m (LB)
	MARCH
4 Mar	TIME TRIAL: 5km Bikepath to Prom CLUB LEAGUE OPEN TO ALL CLUB MEMBERS
5 Mar	CYCLE PATH: 1 X 1 mile, 2 x 800m, 1 x 1 mile, 2 x 800m (LB)
11 Mar	PLAS CRUG: 7 x 600 continuous (300 5k pace, 300m 10k pace)
12 Mar	HILLS: Manweb hill sprints 3/4/5 x 3 sets. (HM)
18 Mar	ERW GOCH: Pyramid Session 200m, 400m, 600m, 800m, (1000m), 800m, 600m, 400m, 200m
19 Mar	BLAEN DOLLAU: 5/6 1 km efforts (IE)
25 Mar	HILLS: Road to Golf Course 4 x 3 mins
26 Mar	Promenade Punisher: Lamp post efforts from Bar to pool ad 1 long effort from Bandstand to Bar 3/4/5 sets (LB)
	APRIL
1 Apr	Penweddig Fields: 2 efforts per loop of field, 2/3 laps per set x 3
2 Apr	Buarth: Fartlek loop (LB)
8 Apr	Promenade: 600m efforts to castle point
9 Apr	HILLS: Constitution Hill 1 x 1 min, 1 x 2 min, 1 x 3 min x 2 (HM)
15 Apr	Bike Path: Blaen Dollau 4/5 x 1 km efforts.
16 Apr	Penweddig Fields: 2 efforts per loop of field, 2/3 laps per set x 3 (IE)
22 Apr	Town: 30 min run 1 min effort, 1 min recovery
23 Apr	BIKE PATH TO PROM TIMED EFFORTS: 2x1min, 2x2 min, 2x3 min, 2x2 min, 2x1min (IE)
29 April	HILLS: Constitution Hill and Clarach loop (2 hill climbs)
30 April	Promenade castle point: 6/7/8 x 600 (LB)