

Weekly Training Schedule: Summer 2018

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May	
06-May	No Training: Bank Holiday
07-May	MORRISONS CYCLE PATH: 2 x 400m, 1 x 800m effort (x3). IE
13-May	BIKE PATH TO INDUSTRIAL ESTATE: Pyramid Session - 2x1min, 2x2 min, 2x3 min, 2x2 min, 2x1min
14-May	HILLS Prom Ramp and Consti (to first turn): 3/4/5 efforts x 3 sets (2min recovery each set) LB
20-May	HILLS: Pen Dinas Hill climb and descent, followed by short 30 sec sprints (30 walking) along bike path. Return climb from Rhydyfelin to Penparcau
21-May	PROM RNLI – CASTLE POINT: 6/7/8 x 600m, 90 sec recovery HM
27-May	No Training: Bank Holiday
28-May	TRAILS – Morrisons and Min y Ddol (either side of river): Effort on trail recovery to next stretch x 8 LB
June	
03-Jun	Town Circuit: 30 min comprising 1 min effort 1 min recovery.
04-Jun	PENWEDDIG FIELD: 3 X 100 X 2/3 sets IE
10-Jun	Plas Crug: 7-7-7 (7 min half-marathon pace, 7 min 10 mile pace, 7 min 10 k pace) LB
11-Jun	Hills: 1 x Consti (all) 1 x Clarach Hill (Seniors) climbs and descents LB
17-Jun	PENWEDDIG FIELD: 2 x 2min, 2 x 4 min, 2 x 6 (or 4) min efforts (half effort time recovery)
18-Jun	PLAS CRUG: Lamp post efforts (4 with 2 recovery) 1 length then 600m efforts back to start comprising 300m recovery/tempo pace, 300m effort 3/4 sets (2 min recovery after each) HM
24-Jun	Consti Hill Challenge (OPEN TO ALL): Start and finish at bandstand (c.2.2miles), following the Twin Peaks route. Don't forget your stopwatch.
25-Jun	PENWEDDIG FIELD: 200m Track Relays in teams of 3 IE
July	
01-Jul	PENWEDDIG FIELDS: Effort on long side, recovery on short (2/3 laps per set. X 3 sets)
02-Jul	NATIONAL LIBRARY DRIVE: 600m efforts NB/IE
8-Jul	PROM - RNLI to Castle Point: 600m x 6/8 (with 90-120 sec recovery)
9-Jul	HILLS: Consti 4 x 3 mins, start on prom. HM

15 Jul	5km TT (OPEN TO ALL)
16-Jul	PENGLAIS WOODS: Trail Fartlek loop LB
22-Jul	Blaen Dollau: 1k efforts x 4/5
23-Jul	PLAS CRUG: 2 x 2min, 2 x 4 min, 2 x 6 (half effort time recovery) HM
29-Jul	Penglais Woods: Trail Fartlek loop
30-Jul	PENWEDDIG FIELDS/TRACK: 400m efforts with 200m recovery (max 10) IE
	AUGUST: SUMMER BREAK
September	
02-Sep	Town Circuit: 30 min comprising 1 min effort 1 min recovery.
03-Sep	BIKE PATH TO INDUSTRIAL ESTATE: 2x1min, 2x2 min, 2x3 min, 2x2 min, 2x1min (recovery half of effort time) HM
9-Sep	PROM - RNLI to Castle Point: 600m – 8 (with 90-120 sec recovery)
10-Sep	PEN DINAS HILL CHALLENGE TT: Start Fire Station and finish at Monument on Top (following Twin Peaks descent route) LB
16-Sep	Blaen Dollau: 1km efforts (4/5)
17-Sep	PENWEDDIG FIELDS: 12/14 x 100m (20sec) with 100m (30sec) recovery IE
23-Sep	Hills- Golf Club Road: 4 x 3 mins
24-Sep	MORRISONS CYCLE PATH: 2 x 400m (200m), 1 x 800m (400m) effort (x3). LB
October	
30-Set	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 - max 4 (2 min recovery after each)
01-Oct	BLAEN DOLLAU: 1km efforts (5/6) LB
07-Oct	MORRISONS CYCLE PATH: 1 x 800m, 2 x 400m x 3 max
08-Oct	HILLS: Golf Club Road 1x 1 min, 1 x 2 min, 1 x 3 min x 2 HM
14-Oct	TIME TRIAL: 5M (CLUB LEAGUE OPEN TO ALL)
15-Oct	ERW GOCH: Pyramid Session 200m, 400m, 600m, 800m, (1000m), 800m, 600m, 400m, 200m (J) LB
21-Oct	HILLS: Trefechan Bridge to Penparcau – 6 x 2 mins.
22-Oct	PLAS CRUG: 300m efforts x 7 with 300m steady recovery (continuous) IE
28-Oct	ERW GOCH: 10 x 400 in pairs as relay

29-Oct	BIKE PATH: 1 x 800m, 2 x 400m x 3 max HM
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