

Ripley RC Training Plan

TUESDAY 11/2 30 minute fartlek. Leader's choice of route or Greenway

THURSDAY 13/2 800m repeats, led by Matt Jones *check facebook for details and start time*

TUESDAY 18/2 Kenyan Hills. Using the 400m segment on the Greenway, 3x10 min blocks maintaining pace on both the ups and downs.

THURSDAY 20/2 400m/800m alternate with Matt *check facebook for details and start time*

TUESDAY 25/2 Short Hills Greenway

THURSDAY 27/2 10 x 400m with Matt *check facebook for details and start time*