

Ripley RC Thursday Training Plan

26/09 1 mile reps. Jog to Marketplace and the rep starts there. Run to Norman Road, Round to the turning for Elms Ave. The corner is the end of the rep. Jog recovery and regroup at Marketplace. Repeat x 3. Aim for 5k Pace

03/10 Short Hills Greenway

10/10 West Ave 800m repeats x 4-6 depending on ability

17/10 Kenyan Hills. Using the 400m segment on the Greenway, 3x10 min blocks maintaining pace on both the ups and downs.

24/10 30 minute fartlek. Leaders' choice of route or Greenway

31/10 5-7 Long Hills Lowes Hill (Or maybe something special for Hallowe'en?)

07/11 Tempo. Warm up down Derby Road to Vauxhall Garage then 10 mins Tempo out, 10 mins tempo back. Aim to get back to the garage. Regroup and then jog recovery back

14/11 Short Hills Greenway

21/11 1 mile reps. Jog to Marketplace and the rep starts there. Run to Norman Road, Round to the turning for Elms Ave. The corner is the end of the rep. Jog recovery and regroup at Marketplace. Repeat x 3. Aim for 5k Pace

28/11 Long Hills Butterley Hill

05/12 West Ave 800m repeats x 4-6 depending on ability

12/12 Kenyan Hills. Using the 400m segment on the Greenway, 3x10 min blocks maintaining pace on both the ups and downs.

19/12 30 minute festive fartlek. Leaders' choice of route or Greenway