

Winter Training Framework 2024/25

TUES	GROUP	SESSION	LOCATION	DETAIL	Leader	THURS	Group	SESSION	LOCATION	DETAIL	Leader
10/9/2024	A	FREE SESSION			James	12/9/2024	A	Long Fartlek	*	2 - 4min efforts	Rob C
	B	FREE SESSION			Paul						
	C	FREE SESSION			Grace						
17/9/2024	A	Short Intervals	Dark Lane	10*400m	Nick	19/9/2024	A	Long Intervals	Back Lane Triangle	2*Back Lane, 1*Wood Lane	Rob A
	B	Long Hills	Bolesworth Hill Road	BRoad to top, lodge to top*3-4	Alex						
	C	Steady run	Ice-Cream Farm Route	Steady Run	Helen						
24/9/2024	A	Long Steady Run	*	8-10 miles easy	Tom	26/9/2024	A	Short Hills	Elephant Track Cottage	4*Elephant Track Cottage Loop	Alli
	B	Short Hills	Grit Bins	3 * Dip to Junction, 3* Dip to Grit Bin, 2 * Combined	Mel						
	C	Short Intervals	Dark Lane	1,2,3 sides of DL Triangle	Sharon						
1/10/2024	A	Short Fartlek	*	30 sec - 2 min efforts	James	3/10/2024	A	Long Hills	Harthill	3*Harthill	Rob C
	B	Short Intervals	Ford Farm	3*3*3	Neil						
	C	Short Hills	Grit Bins	Grit Bin Reps	Helen						
8/10/2024	A	Long Fartlek	*	2 - 4min efforts	Nick	10/10/2024	A	Short Intervals	Dark Lane	12*400m	Rob A
	B	Long Intervals	Back Lane Triangle	1*Back Lane, 1*Wood Lane	Paul						
	C	Long Hills	Bolesworth Hill Road	BRoad to top, lodge to top*2	Grace						
15/10/2024	A	Short Hills	Grit Bins	BL route with 3*3 Grit Bin Reps	Tom	17/10/2024	A	Long Intervals	Carrs Lane	5*1km	Alli
	B	Short Fartlek	*	30 second efforts	Alex						
	C	Short Intervals	Ford Farm	3*3*3	Sharon						
22/10/2024	A		Sandstone Social	Off road	James	24/10/2024	A	Short Intervals	Ford Farm	Intervals	Rob C
	B		Sandstone Social	Off road	Mel						
	C		Sandstone Social	Off road	Helen						
29/10/2024	A	Long Hills	Bolesworth Hill Road	BRoad to top, lodge to top*3	Nick	31/10/2024	A	Long Slow Run	*	8-10 easy miles	Rob A
	B	Long Slow Run	BL Route	6 miles	Neil						
	C	Short Hills	Post Office Loops	Post Office Loop (Burwardsley)*1-2	Grace						

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5/11/2024	A	Short Intervals	Ford Farm	3*3*3	Tom	7/11/2024	A	Long Fartlek	*	2 - 4min efforts	Alli
	B	Short Intervals	Dark Lane	1,2,3 sides of DL Triangle	Paul						
	C	Short Fartlek	*	30 secs	Sharon						
12/11/2024	A	Long Intervals	Harthill Triangle	3*Triangle	James	14/11/2024	A	Long Steady Run	*	8-10 miles easy	Rob C
	B	Short Hills	Post Office Loops	Post Office Loop (Burwardsley)*3	Alex						
	C	Long Intervals	Back Lane Triangle	1*Back Lane, 1*Wood Lane	Helen						
19/11/2024	A	Short Hills	Post Office Loops	Post Office Loop (Burwardsley)*5	Nick	21/11/2024	A	Short Fartlek	*	30 sec-2min effort	Rob A
	B	Long Hills	Harthill	3*Harthill	Mel						
	C	Long Intervals	Carrs Lane	1-2*1km	Grace						
26/11/2024	A	Long Hills	Burwardsley Figure of 8	2*Burwardsley Figure of 8	Tom	28/11/2024	A	Short Hills	Grit Bin Reps	BL route with 3*3 Grit Bin Reps	Alli
	B	Long Intervals	Carrs Lane	2-3*1km	Neil						
	C	Short Hills	Grit Bins	Grit Bin Reps	Sharon						
3/12/2024	A	Short Hills	Elephant Tracks Cottage	5*Elephant Tracks Cottage Loop	James	5/12/2024	A	Long Fartlek	*	2 - 4min efforts	Rob C
	B	Short Intervals	Dark Lane	1,2,3 sides of DL Triangle	Paul						
	C	Steady run	Xmas Handicap Route & Carrs Lane	Approx 5-6 miles	Helen						
10/12/2024	A	Long Intervals	Carrs Lane	6*1km	Nick	12/12/2024	A	Short Intervals	Ford Farm	Intervals	Rob A
	B	Long Hills	Burwardsley Figure of 8	1-2*Burwardsley Figure of 8	Alex						
	C	Long Intervals	Back Lane Triangle	1*Back Lane, 1*Wood Lane	Grace						
17/12/2024	A	Short Intervals	Dark Lane	12*400m	Tom	19/12/2024	A	Long Steady Run	*	8-10 miles easy	Alli
	B	Short Hills	Elephant Tracks Cottage	4*Elephant Tracks Cottage Loop	Mel						
	C	Long Hills	Bolesworth Hill Road	BRoad to top, lodge to top*2	Sharon						
24/12/2024	A	No Session	No Session	No session	NS	26/12/2024		No Session	No session	No session	NS
	B	No Session	No Session	No session	NS						
	C	No Session	No Session	No session	NS						

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31/12/2024	A	No Session	No Session	No session	NS	2/1/2025	A	Long Hills	Harthill	4*Harthill	Rob C
	B	No Session	No Session	No session	NS						
	C	No Session	No Session	No session	NS						
7/1/2025	A	Long Fartlek	*	2-4min efforts	James	9/1/2025	A	Short Intervals	Dark Lane	1,2,3,3,2,1 sides of DL Triangle	Rob A
	B	Long Fartlek	*	1 min efforts	Neil						
	C	Short Hills	Grit Bins	Grit Bin Reps	Helen						
14/1/2025	A	Short Hills	Grit Bins	BL route with 3*4 Grit Bin Reps	Nick	16/1/2025	A	Long Intervals	Back Lane Triangle	2*Back Lane, 2*Wood Lane	Alli
	B	LSR	*	6 miles	Paul						
	C	Long Intervals	Carrs Lane	1-2*1km	Grace						
21/1/2025	A	Long Slow Run	*	8-10 easy miles	Tom	23/1/2025	A	Short Fartlek	*	30 sec - 2 min efforts	Rob C
	B	Short Intervals	Park	2*400m, 1*800m, 2*400m	Alex						
	C	LSR	Ice-Cream Farm Route	Approx 5-6 miles	Sharon						
28/1/2025	A	Short Intervals	Covert Rise	12*500m	James	30/1/2025	A	Long Hills	Bolesworth Hill Road	BRoad to top, lodge to top*3	Rob A
	B	Short Hills	Grit Bins	3*3 Grit bins	Mel						
	C	Long Hills	Bolesworth Hill Road	BRoad to top, lodge to top*2	Helen						
4/2/2025	A	Long Fartlek	*	2-4mins effort	Nick	6/2/2025	A	Short Hills	Post Office Loops	Post Office Loop (Burwardsley)*6	Alli
	B	Long Hills	Harthill	3*Harthill	Neil						
	C	Long Fartlek	*	1 min efforts	Grace						
11/2/2025	A	Short Intervals	Dark Lane	1,2,3,3,2,1 sides of DL Triangle	Tom	13/2/2025	A	Long Intervals	Harthill Triangle	4*Triangle	Rob C
	B	Long Intervals	Carrs Lane	2-4*1km	Paul						
	C	Short Hills	Post Office Loops	Post Office Loop (Burwardsley)*1-2	Sharon						
18/2/2025	A	Short Hills	Elephant Tracks Cottage	5*Elephant Tracks Cottage Loop	James	20/2/2025	A	Long Steady Run	*	8-10 miles easy	Rob A
	B	Short Intervals	Dark Lane	1,2,3,3,2,1 sides of DL Triangle	Alex						
	C	LSR	*	Approx 5-6 miles	Helen						

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25/2/2025	A	Joint run	Covert Rise	Covert Rise Fun	Nick	27/2/2025	A	Long Hills	Harthill	4*Harthill	Alli
	B	Joint run	Covert Rise	Covert Rise Fun	Mel						
	C	Joint run	Covert Rise	Covert Rise Fun	Grace						
4/3/2025	A	Long Fartlek	*	2-4mins efforts	Tom	6/3/2025	A	Short Hills	Grit Bins	BL route with 3*4 Grit Bin Reps	Rob C
	B	Long Hills	Burwardsley Figure of 8	1-2*Burwardsley Figure of 8	Neil						
	C	Long Intervals	Carrs Lane	1-2*1km	Sharon						
11/3/2025	A	Long Slow Run	*	8-10 easy miles	James	13/3/2025	A	Long Intervals	Back Lane Triangle	2*Back Lane, 1*Wood Lane	Rob A
	B	Short Hills	Elephant Tracks Cottage	4*Elephant Tracks Cottage Loop	Paul						
	C	Short Intervals	Park	400m * 3 in pairs	Helen						
18/3/2025	A	Short Fartlek	*	30 sec - 2 min efforts	Nick	20/3/2025	A	Short Intervals	Dark Lane	10*400m	Alli
	B	Long Intervals	Back Lane Triangle	1*Back Lane, 1*Wood Lane	Alex						
	C	Long Intervals	Carrs Lane	1-2*1km	Grace						
25/3/2025	A	FREE SESSION			Tom	27/3/2025	A	FREE SESSION			Rob C
	B	FREE SESSION			Mel						
	C	FREE SESSION			Sharon						
1/4/2025	A	FREE SESSION			James	3/4/2025	A	FREE SESSION			Rob A
	B	FREE SESSION			Neil						
	C	FREE SESSION			Helen						