

TRAINING MARCH APRIL 2019 FOR CRAWLEY A.C. ENDURANCE GROUP

Don't forget to TAPER before an important race AND allow for recovery afterwards

These Sessions are for YOU to 'use'. They may not be for YOU at any particular time

Sessions can be adapted according to individual states of fitness and for newcomers

MONDAY and WEDNESDAY sessions start at 7.20pm. Be warmed up and ready to go

		BE SEEN AT NIGHT IN THE WINTER. WEAR WHITE OR YELLOW.
MON	04/03	Mount Close (579m). Meet there 7.15m. Tempo 20/25 minutes (1 minute after 10 if needed)
WED	06/03	TRACK. 2 x (4 x 800m) 75 seconds between 8's, 2 minutes between sets. .
SUN	10/03	
MON	11/03	Crawley Lane(512m) Meet there 7.15. 2 up and down + 1 min for 20/25 mins
WED	13/03	TRACK. 8 x 600m, 200m jog between. (Not at full throttle if you want to race well on Saturday).
SAT	16/03	Deakin 10 mile handicap race. Ifield Green slowest off at 10 am
MON	18/03	Mount Close. Twice round + 1min rest for 20/25 mins.
WED	20/03	TRACK. 2 x (6 x 500m). 100m jog between 5's, extra 2 minutes between sets.
MON	25/03	Furnace Green 'miles'. Meet at bus stop half way down Furnace Drive.
		3 or 4 or 5 with 2 minutes between (reverse direction after each one)
WED	27/03	TRACK. 4 /5 x 1200m 2 ½ minutes between.
SUN	31/03	
MON	01/04	Crawley Lane as 11/03
WED	03/04	TRACK. 200m, 400m, 600m, 800m, 600m, 400m, 200m. (200m jog after 2 and 6, 2 mins after 4 and 8's)
		Marathoners could do 8 x 800m 90 seconds between
SAT	06/04	Sussex Road Relays Christ's Hospital
SUN	07/04	Crawley Open at K2
MON	08/04	200m hill down from Smith and Western (the road the huts are on). Meet there 7.15
WED	10/04	TRACK. 'London' runners 3 x (5 x 400m) 1 minute between 4's, 2 mins between sets (ie one minute extra rest). Others 8 x 400m 90 seconds between Brighton Marathoners, just an easy run.
SUN	14/04	Brighton Marathon
MON	15/04	500m route end of path between the two lakes. Meet there 7.15 ready warmed up
WED	17/04	TRACK. 2 x (12 x 200m). 20 seconds rest at 200m point. Extra 2 minutes between sets
		London Marathoners 4 x 1200m 2 minutes between.
SAT	20/04	Open Meeting K2
MON	22/04	Easter Monday. No Club training
WED	24/04	TRACK. 3 x 1200m 3 minutes between. London Marathoners, just an easy run 03 300's
THU	25/04	Open meeting K2
SUN	28/04	London Marathon
MON	29/04	Rhododendrons route. Meet back of walled garden 7.15 ready warmed up.

Pete Bennett.