February 2018

Tuesday 30th Jan **3 x (6 short hill reps)** 30 second reps	**Thursday 1st Feb** **6-7 miles** with optional threshold during session	**Saturday 3rd Feb** **parkrun** plus 6 x 30 second hill reps	**Sunday 4th Feb** **NEMAA XC Champs** Darlington
Tuesday 6th Feb **6-10 x 800m** with 60-90 sec recovery	**Thursday 8th Feb** **6-7 miles** with optional threshold during session	**Saturday 10th Feb** **NEHL XC #5** Thornley Hall Farm Peterlee	**Sunday 11th Feb** Optional long run: 10 miles
Tuesday 13th Feb **6 x long hill reps (3min)** at Long Bank	**Thursday 15th Feb** **6-7 miles**	**Saturday 17th Feb** **Royal Signals Road Relay Championships** Hetton Lyons Country Park	**Sunday 18th Feb** Optional long run: 1hr30mins steady
Tuesday 20th Feb **3 x 600m then into steady 5k; 2 x 200m**	**Thursday 22nd Feb** **6-7 miles**	**Saturday 24th Feb** **National XC Championships,** London	**Sunday 25th Feb** Recovery run / optional 10 miles