

NOVEMBER 2018

Tue 30 Oct	Wed 31 Oct	Thu 1 Nov	Sat 3 Nov	Sun 4 Nov
3x (1k + 4x200m) 200m / 100m recoveries		7-8 miles		Gibside Fruitbowl Trail Race
Tue 6 Nov	Wed 7 Nov	Thu 8 Nov	Sat 10 Nov	Sun 11 Nov
6 x long hill reps	Monthly Mile at South Shields	8 miles		Memorial 10k Town Moor
Tue 13 Nov	Wed 14 Nov	Thu 15 Nov	Sat 17 Nov	Sun 18 Nov
5 X 1K		6-7 miles	NEHL XC #4 Aykley Heads	Brampton to Carlisle 10 mile race
Tue 20 Nov	Wed 21 Nov	Thu 22 Nov	Sat 24 Nov	Sun 25 Nov
3 x (6 x short hills)		6 miles	Norman Woodcock Relays	Run Northumberland Big 10
Tue 27 Nov	Wed 28 Nov	Thu 29 Nov	Sat 1 Dec	Sun 2 Dec
6 miles (hilly route)		6 miles	parkrun	Hexhamshire Hobble

DECEMBER 2018

Tue 4 Dec	Wed 5 Dec	Thu 6 Dec	Sat 8 Dec	Sun 9 Dec
16 x 400m	Monthly Mile at South Shields	7 miles	parkrun plus hill reps	1hr 30 easy run
Tue 11 Dec	Wed 12 Dec	Thu 13 Dec	Sat 15 Dec	Sun 16 Dec
3 x 1200m (on 90s) then 5mile tempo (HM pace)		8 miles	parkrun plus hill reps	1hr 45 long run
Tue 18 Dec	Wed 19 Dec	Thu 20 Dec	Sat 22 Dec	Sun 23 Dec
5 x 1mile		6 miles plus loose strides	Saltwell 10k	1hr 30 easy run
Tue 25 Dec	Wed 26 Dec	Thu 27 Dec	Sat 29 Dec	Sun 30 Dec
Christmas Day parkrun		8-9 miles		