

# JANUARY 2019

<b>Tue 1 Jan</b>	<b>Wed 2 Jan</b>	<b>Thu 3 Jan</b>  6-7 miles	<b>Sat 5 Jan</b>  NEHL XC Sherman Cup / Davison Shield	<b>Sun 6 Jan</b>  <i>Suggested:</i> 8-12 miles long recovery run
<b>Tue 8 Jan</b>  8 x 800m <i>on 90sec recovery</i>	<b>Wed 9 Jan</b>  Monthly Mile at South Shields	<b>Thu 10 Jan</b>  6-7 miles <i>with 2 x 5mins at threshold</i>	<b>Sat 12 Jan</b>	<b>Sun 13 Jan</b>  Cathedral Relays / Brass Monkey Half Marathon
<b>Tue 15 Jan</b> <b><u>Pyramid session:</u></b> 800m, 1200m, 1600m 1600m, 1200m, 800m <i>all on 400m recovery</i>	<b>Wed 16 Jan</b>	<b>Thu 17 Jan</b>  7-8 miles <i>with 3 x 5mins @ threshold</i>	<b>Sat 19 Jan</b>	<b>Sun 20 Jan</b>  <i>Long run:</i> 8-12 miles
<b>Tue 22 Jan</b>  5 x 1mile <i>on 2min recovery</i>	<b>Wed 23 Jan</b>	<b>Thu 24 Jan</b>  7-8 miles <i>with 2 x 10mins @ threshold</i>	<b>Sat 26 Jan</b>  parkrun, then 8 x 30 sec hill reps	<b>Sun 27 Jan</b>  <i>Long run:</i> 8-12 miles
<b>Tue 29 Jan</b>  10 x 600m <i>on 200m recovery</i>	<b>Wed 30 Jan</b>	<b>Thu 31 Jan</b>  7-8 miles <i>with 1 x 15mins @ threshold</i>	<b>Sat 2 Feb</b>	<b>Sun 3 Feb</b>  <i>Long run:</i> 8-12 miles