

LOW FELL RUNNING CLUB

September - November 2021 Schedule

Month	Week 1	Week 2	Week 3	Week 4
Sept			21/09/21: Swaddlers, TVTE. Drills. 4 x 1mile on 2 min jog 23/09/21: 4 miles easy 25/09/21: NEHL 27/09/21: 1 hr 30 mins easy	28/09/21: Swaddlers, TVTE Drills, 12 x 300m, 1 min jog 01/10/21. 6miles easy 03/10/21: Parkrun 04/10/21: 1hr 30mins easy
Oct	05/10/21: Steady 6 from club 07/10/21: Steady 6 09/10/21 Easy 3 miles: 10/10/21::NEHL Druridge Bay	12/10/21: Drills, pyramid session Ingerssol Rand 14/10/21: 6 miles steady 16/10/21: 5K tempo run 17/10/21: 1 hr 30min easy	19/10/21: Swaddlers. Drills; 3 x (1mile + 4 x 200). 90s jog after mile / between sets, 50s after 200s 21/10/21: 5 miles easy 23/10/21: 5 miles steady 24//10/21: 1hr 30 min recovery run	26/10/21: 7 miles (Birtley loop) with middle 4 tempo run. From club 28/10/21: 4 miles easy 30/10/21: SFNEHL Lambton Estate 31/10/21: 1hr easy
Nov	02/11/21: Swaddlers. TVTE 4 x 2K on 2mins jog 04/11/21: 8 miles easy 06/11/21: 5K tempo run 07/11/21: 1 hr 30 mins easy	09/11/21: 3rd Ave, TVTE. Drills TVTE. 6 x 800 on 90s jog 11/11/21: 6 miles steady 13/11/21: 40 mins fartlek with 1 mile warm-up and cool down 14/11/21: 1hr 30min easy run	16/11/.21: Angel Car Park. Longbank. 6 x 3mins up/down 18/11/21: 6 miles steady 20/11/21: 3 sets of 4 or 6, short hills session . 21/11/21: 1hr 30 min easy	23/11/21: Swaddlers. 12 x 300m, 50s jog 25/11/21: 4 miles easy 27/11/21: SFNEHL Aykley Heads 28/11/21: 1 hr easy

Hi, a few ideas to take you through Sept-Nov, based around Tuesday, Thursday, Saturday, Sunday activity. Use Monday, Wednesday, Friday for a break or easy run and some conditioning / circuits / strength work / yoga as to your liking. Venue for Tuesday sessions varies - either meet at the club and jog to TVTE, Angel etc or drive/walk/cycle to location. Unless a recovery run (i.e. dead easy) remember to warm-up, at the very least a very easy first mile to ease into your run. For sessions, have a go with a bit more of an organised approach with some activation activities, drills etc as best you can. Remember to stretch after sessions, steady runs etc. JS