

# Heaton Harriers Autumn to Winter Training Plan 2009

This plan takes us through the first half of the x-country season and several 10k races. This time of year is best spent doing BASE TRAINING including tempo/fartlek/interval and hills. The sessions above have been designed to incorporate variety and develop a solid base with a few speed session options to keep you sharp for races.

Week	14/09 1	21/09 2	28/09 3	05/10 4	12/10 5	19/10 6	26/10 7	02/11 8	09/11 9	16/11 10	23/11 11	30/11 12	07/12 13	14/12 14	21/12 15
Tuesday session	<b>Paddy Freeman</b> 4 x 1k loop @ 3 km pace 2 mins rest	<b>Heaton Park</b> 20 mins continuous run with efforts on up and down hill	<b>Killing - worth Pursuit</b>	<b>Armstrong Bridge</b> Dynamic drills and warm up 15 mins. 20 mins @ 5k pace 1 min rest	<b>Matthew Bank</b> 20 mins efforts up recovery down	<b>10 k loop</b> with 3x5 mins effort @ 10k pace	<b>Gosforth Central Park</b> 22 mins Parlauf	<b>Balliol Pyramid</b> 2,4,6,4, 2 mins maintain pace @ 10 k half rest	<b>Killing - worth Pursuit</b>	<b>Armstrong Bridge</b> Dynamic drills and warm up 15 mins. 25 mins @ 5k pace 1 min rest	<b>Matthew Bank</b> 25 mins efforts up recovery down	<b>Town Moor</b> 2 x 1 mile jog-stride-sprint lampposts 2 mins rest	<b>Heaton Park</b> 25 mins continuous run with efforts on up and down hill	<b>10 k loop</b> with 8x2 mins effort @ 5 k pace	<b>Xmas Handicap</b>
Thursday Session	<b>50 mins steady</b> with 6 x 30 secs strides at end	<b>Balliol</b> 2 x 15 mins threshold run	<b>20 mins out 18 mins back</b>	<b>Quayside loop</b> fartlek efforts	Strength and conditioning session*	<b>Handicap</b>	<b>Armstrong Bank</b> 2 x 10 mins hills 2 mins rest	<b>Town Moor loop</b> fartlek efforts	<b>60 mins steady</b> with 6 x 30 secs strides at end	Strength and conditioning session*	<b>50 mins Fartlek</b> in groups vary tempo time and pace	<b>Balliol</b> Rolling Parlauf 25 mins	<b>25 mins out 22 mins back</b>	<b>Armstrong Bank</b> 2 x 10 mins hills 2 mins rest	No session
Saturday	Track / hills - TBC	<b>Northern</b> 6 & 4 stage relays, Leeds	Track / hills - TBC	Track / hills - TBC	Track / hills - TBC	Track / hills - TBC	Track / hills - TBC	Track / hills - TBC	Track / hills - TBC	<b>Brampton - Carlisle 10</b>	Track / hills - TBC	<b>Norman Woodcock 5</b>	<b>NE Cross Country Champs</b>	Track / hills - TBC	No session
Sunday	Long Run meet @ Blue Flames 10 <b>GNR Walton 5</b>	Long Run meet @ Blue Flames 10	<b>Loch Ness Marathon</b>	Long Run meet @ Blue Flames 10?	<b>Hellhole 10k Stanley</b>	<b>Great Cumbrian Run Carlisle</b>	<b>Fruit Bowl 7 Gibside</b>	<b>Heaton Memorial races Town moor</b>	Long Run meet @ Blue Flames 10?	<b>Newcastle Town Moor Marathon</b>	Long Run meet @ Blue Flames 10?	<b>Blyth Sands</b>	Long Run meet @ Blue Flames 10?	<b>Saltwell 10 k?</b>	No session

\* The strength and conditioning session will depend on the availability of a suitable indoor venue.

Groups for the training session are flexible depending on numbers the nature of the session and how you feel. As a guideline use your recent 10k times to identify your group.

**Group 1** sub 37 mins, **Group 2** 37-40, **Group 3** 40-42, **Group 4** 42-44, **Group 5** 44-47, **Group 6** 47-50, **Group 7** 50-55 and **Group 8** 55+

Saturday and Sunday sessions are subject to change with cross country fixtures. The sessions will be confirmed at training on Tuesdays.