

Harwell Harriers Winter Training Plan 2017 - 2018  
Train like a pro

Training phase:	Week:	Date:	Session:	Name:	Details:	Location:	Coaching Notes:
Test:	0	19/09/2017	Fitness testing	Fit as Farah	Warmup on field - Cooper 1.5m / 2.4km run - burpee test - 400m run - wall sit test - cool down - stretching	Boundary Park	Results sheets, pens, cones, stopwatch
Base 1:	1	26/09/2017	Intervals 1	Radcliffe reps	Warmup on field - 10 x 2 mins effort with 2 mins recovery - Cool down - Stretching	Boundary Park 1 km lap	Whistle to blow every 2 mins
	2	03/10/2017	Hills 1	Ron Hills	Warmup to GWP hill - GWP hill repeats 6 - 8 x 90 second effort climbs, jog down to recover - 3-2-1-2-3 x 2 inverted hill pyramids - Cool Down to BP - Stretching	GWP hill	Cones to mark target points
	3	10/10/2017	Laps 1	Kelly 8's	Warmup on field - 3 or 4 x 800m reps with 200m walk recovery - Cool down - Stretching	Boundary Park 1 km lap	Cones to mark start
	4	17/10/2017	Speedwork 1	Usain sprints	Warmup to Wantage Road - 4 x 30 secs building sprints with 2 mins rest - 6 x 15 sec sprints with 60 secs rest - 3-2-1-2-3 x 2 inverse pyramid - Cool down back to BP - Stretching	Wantage Road	Cones
Base 2:	1	24/10/2017	Intervals 2	Radcliffe reps	Warmup - 10 x 2 mins effort with 90 secs recovery - Cool down - Stretching	Boundary Park 1 km lap	Whistle
	2	31/10/2017	Hills 2	Ron Hills	Warmup to GWP hill- GWP hill repeats 7 - 9 x 90 second effort climbs (add one from last time), jog down recovery - 1-2-3-2-1 x 2 hill pyramid - Cool Down to BP- Stretching	GWP hill	Cones
	3	07/11/2017	Laps 2	Kelly 8's	Warmup on field - 3 or 4 x 800m reps with 200m jog recovery - Cool down - Stretching	Boundary Park 1 km lap	Cones to mark start
	4	14/11/2017	Speedwork 2	Usain sprints	Warmup to Wantage Road - 5 x 30 secs building sprints with 2 mins rest - 8 x 15 sec sprints with 60 secs rest between each - 1-2-3-2-1 x 2 flat pyramid - Cool down - Stretching	Wantage Road	Cones
Base 3:	1	21/11/2017	Intervals 3	Radcliffe reps	Warmup - 8 x 3 mins with 2 mins - Cool down - Stretching	Boundary Park 1 km lap	Whistle
	2	28/11/2017	Hills 3	Ron Hills	Warmup to GWP hill - GWP hill repeats 6 - 8 x 2 min effort climbs jog down to recover - 3-2-1-2-3 x 3 inverted hill pyramids - Cool down - Stretching	GWP hill	Cones
	3	05/12/2017	Laps 3	Kelly km's	Warmup on field - 3 or 4 x 1km reps with 200m (100m out and back) walk recovery - Cool down - Stretching	Boundary Park 1 km lap	Cones
	4	12/12/2017	Speedwork 3	Usain sprints	Warmup to Wantage Road - 6 x 30 secs building sprints with 2 mins rest - 8 x 15 sec sprints with 45 secs rest - 4-3-2-1-2-3-4 x 2 inverse pyramid - Cool down to BP- Stretching	Wantage Road and GWP hill	Cones
Xmas	1	19/12/2017	Xmas Fun	Guest pro tbc	To be revealed	Boundary Park	
Xmas	2	26/12/2017	Boxing Day social run	Guest pro tbc	Distance tbc	Venue and time tbc	
Build 1:	1	02/01/2018	Intervals 4	Radcliffe reps	Warmup - 8 x 3 mins with 90secs - Cool down - Stretching	Boundary Park 1 km lap	Whistle
	2	09/01/2018	Hills 4	Ron Hills	Warm-up to GWP hill - GWP hill repeats 7 - 9 x 2 min effort climbs, jog down to recover - 1-2-3-2-1 x 3 hill pyramids - Cool down back to BP - Stretching	GWP hill	Cones
	3	16/01/2018	Laps 4	Kelly km's	Warmup on field - 3 or 4 x 1km reps with 200m jog recovery - Cool down - Stretching	Boundary Park 1 km lap	Cones
	4	23/01/2018	Speedwork 4	Usain sprints	Warmup to Wantage Road - 5 x 30 secs building sprints with 90 secs rest - 8 x 15 sec sprints with 60 secs rest between each - 1-2-3-4-3-2-1 x 3 flat pyramid - Cool down to BP- Stretching	Wantage Road	Cones
Build 2:	1	30/01/2018	Intervals 5	Radcliffe reps	Warmup - 7 x 4 mins with 2 mins - Cool down - Stretching	Boundary Park 1 km lap	Whistle
	2	06/02/2018	Hills 5	Ron Hills	Warmup to GWP hill- GWP hill repeats 6-8 x 2.5 min effort climbs - 3-2-1-2-3 x 2 inverted hill pyramids - Cool Down - Stretching	GWP hill	Cones
	3	13/02/2018	Laps 5	Bannister miles	Warmup on field - 3 or 4 x 1 mile reps with 200m (100m out and back) walk recovery - Cool down - Stretching	Boundary Park 1 km lap (with a 600m section added?)	Cones
	4	20/02/2018	Speedwork 5	Usain sprints	Warmup to Wantage Road - 6 x 30 secs building sprints with 90 secs rest - 8 x 15 sec sprints with 45 secs rest - 4-3-2-1-2-3-4 x 3 inverse pyramid - Cool down to BP- Stretching	Wantage Road	Cones
Build 3:	1	27/02/2018	Intervals 6	Radcliffe reps	Warmup - 7 x 4 mins with 90 secs - Cool down - Stretching	Boundary Park 1 km lap	Whistle
	2	06/03/2018	Hills 6	Ron Hills	Warm-up to GWP hill - GWP hill repeats 7 - 9 x 2.5 min effort climbs, jog down to recover - 1-2-3-2-1 x 2 hill pyramids - Cool down back to BP - Stretching	GWP hill	Cones
	3	13/03/2018	Laps 6	Bannister miles	Warmup on field - 3 or 4 x 1 mile reps with 200m jog recovery - Cool down - Stretching	Boundary Park 1 km lap (with a 600m section added?)	Cones
	4	20/03/2018	Speedwork 6	Usain sprints	Warmup to Wantage Road - 6 x 30 secs building sprints with 90 secs rest - 10 x 15 sec sprints with 60 secs rest between each - 1-2-3-4-5-4-3-2-1 x 3 flat pyramid - Cool down to BP- Stretching	Wantage Road	Cones
Test:	0	27/03/2018	Fitness testing	Fit as Farah	Warmup on field - Cooper 1.5m / 2.4km run - burpee test - 400m run - wall sit test - cool down - stretching	Boundary Park	Results sheets, pens, cones, stopwatch