

TAC Masters Update - 29th November 2018**Masters Group – Endurance Training – January 2019 (by Alan Newman)**

Here is the provisional Masters training plan for January 2019...

Date	Session/Location	Details	Lead Coach
01/01/19 Tuesday	New Year's Day – no session.	(Lamberhurst 5k/10k on 01/01/19)	N/A
03/01/19 Thursday	Beat your parkrun Tempo run. Clockwise two laps of Shipbourne Rd, Ridgeway Rd, A26, Yardley Park Rd (approx 3mls).	Group warm up to start at Shipbourne Road r/about. Light session prior to racing. (Kent XC Champs on 05/01/19)	Alan Newman
08/01/19 Tuesday	Mile reps at Brookmead. Warm up, 4 x mile / 3 mins recovery.	Slower runners warm up direct / faster can go longer via Stacey Rd/Hilden Park Rd.	Pete Brenchley
10/01/19 Thursday	600m reps at Stacey Road. 6 x 600m (option of 1200m on middle reps) with 2 min recovery.	Slower runners warm up direct / faster can go longer via Hilden Park Rd.	Alan Newman
15/01/19 Tuesday	“Kenyan hills” on Oast Lane. Continuous hills for 25mins. Stride up, coast down, no rest.	Warm up via London Road and Brookmead Road. Faster runners add Stacey Rd loop.	Pete Brenchley
17/01/19 Thursday	Tempo / pace judgement run. Out clockwise for 15 mins; back anti-clockwise for 15 mins on Shipbourne Rd, Ridgeway Rd, A26, Yardley Park Rd circuit.	Warm up to start. All runners must time their own 15 mins. Everyone finishes together if pace judgement is good for group warm down.	Alan Newman
22/01/19 Tuesday	Endurance hills. 5 x 600m on Yardley Park Rd. Final run to be handicapped – all run full 600m on final run only.	Warm up Dry Hill Park Road / Yardley Park Rd. Only fastest runner/s go the full distance. Everyone turns when runner in front turns.	Pete Brenchley
24/01/19 Thursday	Track speed session. 200m reps x 12 – 15, with 200m jog recovery. Can be run in sets of 4 or 5 x 200.	Warm up / down at track. (SoE XC Champs on 26/01/19) (Canterbury 10 on 27/01/19)	Alan Newman
29/01/19 Tuesday	Beat your parkrun Tempo run. London Rd / Tonbridge Rd to turn outside Kelly Holmes' cafe and back. Start / finish at Dry Hill Park Rd opposite track (approx 3mls).	Warm up / down swimming pool loop for faster runners. Shorten via Lansdowne Rd for slower runners.	Pete Brenchley
31/01/19 Thursday	5 x 1200m reps. Dry Hill Rd, Old London Rd, Shipbourne Rd, Dry Hill Park Rd loop.	Alternate direction each lap. Warm up / down swimming pool loop for faster runners.	Alan Newman