

Sunday Morning Training Session with Keith Russell and Rupert Shute

Starting at 7am Sunday mornings from Palmer Park:

- 24-Jan 20-21 with the last 2-3 @ Mara effort
- 31-Jan 21-22 with the last 3-4 @ Mara effort
- 07-Feb 27m over-distance run
- 14-Feb Bramley 20/10 or Hill rep long run 22-23m total
- 21-Feb Wokingham HM or 22-23m with the last 4-5 @ Mara effort
- 28-Feb Hill rep long run 22-23m total
- 07-Mar 22-23m with the last 4-5 @ Mara effort
- 14-Mar Hill rep long run 22-23m total
- 21-Mar Reading HM or 22-23m with the last 22-23m with the last 4-5m @ Mara effort
- 28-Mar Charlie Spedding style long run including surges - long run to be generally at a steady pace, with efforts of 5,1,2,4,1,2,5,1,2,4,1,2,5 all with 5mins of steady running between them (i.e. surge up, ease back to general pace, rather than slower, etc).
- 04-Apr 20-22m TT with w/u and c/d
- 11-Apr 22-23m easy
- 18-Apr 2hrs (17-18m easy)
- 25-Apr London Marathon