

Junior Training 08.09.26 – 22.10.26

Tuesday September 8	3 laps warm-up + drills Main set: 2 x 200m, 1 x 400m, 1 x 600m, 1 x 400m, 2 x 200m (all with 2 minutes recovery)
Thursday September 10	3 laps warm-up + drills Main set: 3 x (300m + 800m with 2 minute recovery), 3 minutes recovery between sets
Saturday (individual training suggestion)	Park run or 30 minutes steady running
Tuesday September 15	Club mile races (no training – do the race!)
Thursday September 17	3 laps warm-up + drills Main set: 4 x 4 minutes on grass (2.5 minutes recovery)
Saturday (individual training suggestion)	Park run or 33 minutes steady running
Tuesday September 22	3 laps warm-up + drills 3 x short grass hill sprints Main set: 3 sets of [3 x 300m with 60secs recovery], 3 mins jog between sets.
Thursday September 24	3 laps warm-up + drills + dynamic stretching Main set: 2 x [1000m + 400m with 90 seconds recovery], 3 minutes between sets
Saturday	Trafford AC X-country Longford Park, Stretford
Tuesday September 29	3 laps warm-up + drills + dynamic stretching Main set: 8 x 400m (2 minutes recovery)
Thursday October 1	3 laps warm-up + drills Main set: 4 x 4 minutes on grass (3 minutes recovery)
Saturday	Altrincham Schools X-country John Leigh Park
Tuesday October 6	Runout to Delahays Rd for hill reps (High-viz and head torches supplied but please wear bright clothing)
Thursday October 8	3 laps warm-up + drills Main set: 2 x 8 minutes (4 mins recovery)
Saturday	MACCL Woodbank Park, Stockport
Tuesday October 13	3 laps warm-up + drills Main set: 5 x 3 minutes on grass (2 minutes recovery)
Thursday October 15	3 laps warm-up + drills 4 x short grass hill sprints Main set: 3 sets of [2 x 3 minutes with 60secs recovery], 3 mins between sets.
Saturday (individual training suggestion)	Park run or 36 minutes steady running
Tuesday October 20	3 laps warm-up + drills 4 x short grass hill sprints Main set: 4 x [400m + 200m with 60secs recovery], 3 minutes between sets

Thursday October 22	3 laps warm-up + drills Main set: 2 x [300m-500m-700m with 90 secs recovery], 3 minutes between sets
Saturday (individual training suggestion)	Park run or 39 minutes steady running
Half-term	