

# White Horse Harriers Winter training plan - 24th Oct to 9th April

## Objective

10k racing setting strong foundations in strength and ABCs over the winter (Agility, Balance and Co-ordination) which are critical for those preparing for half or full marathons in the spring. This plan will set strong foundations over the winter to build strength and basic skills. The specific aim of these sessions is to;

- Help jog wantage members progress to 10k. With a target of completing the Goring 10k as the first club 'Road Championship' Race in March 2017
- Help existing 10k racers improve their speed/time over the winter
- Help all those competing in the XC series to improve their times over the season of races (Nov-March) and prepare their bodies for the XC terrain
- Key races identified Goring 10k March 2017, WHH Half Marathon 9th April 2016.
- the plan is designed with progression in mind but you're free to dip in and out of it (to fit around your lives :-))

**Notes.** This training plan should be supplemented by your own training - advice can be sought from the coaching team. It is suggested that this should include the intermediate (Saturday) or Sunday longer runs to ensure the longer slower runs are undertaken. Also your own threshold session (@~80% effort) at either a 5k or 10k distance depending on your personnel goals. WHH structured sessions are every other week on a Tuesday and Thursday. You will need to consider your pacing and objectives for your own additional sessions these can be used as rest and recovery sessions or to support your core, x-training or speed or strength objectives.

<i>Monday of the week identified</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Structured session leader
<b>Week 1 - 24th Oct</b>	Rest, or Swim or X-Train or Core.	<i>Suggest 5-10k run at Threshold pace</i>	Rest, or Swim or X-Train or Core.	Club structured- Agility, Balance and Coordination	Recovery run or rest depending on weekend plans	Intermediates Long Run or Park run	Sunday Run - all welcome	Jon
<b>Week 2 - 31st Oct</b>	Rest, or Swim or X-Train or Core.	Club structured - Hill session	Rest, or Swim or X-Train or Core.	Club Run - suggest short pre XC	Rest for XC	Intermediates Long Run or Park run or rest for XC	XC series	Jon
<b>Week 3 - 7th Nov</b>	Rest, or Swim or X-Train or Core.	<i>Suggest 5-10k run at Threshold pace</i>	Rest, or Swim or X-Train or Core.	Club structured - Interval session	Recovery run or rest depending on weekend plans	Intermediates Long Run or Park run	Sunday Run - all welcome	Ian
<b>Week 4 - 14th Nov</b>	Rest, or Swim or X-Train or Core.	Club structured - Plyometric basic - guest coach	Rest, or Swim or X-Train or Core.	Club Run	Recovery run or rest depending on weekend plans	Intermediates Long Run or Park run	Sunday Run - all welcome	Jon

<b>Week 5 - 21th Nov</b>	Rest, or Swim or X-Train or Core.	<i>Suggest 5-10k run at Threshold pace</i>	Rest, or Swim or X-Train or Core.	Club structured - Agility, Balance and Coordination	Recovery run or rest depending on weekend plans	Intermediates Long Run or Park run	Sunday Run - all welcome	Ian
<b>Week 6 - 28th Nov</b>	Rest, or Swim or X-Train or Core.	Club structured - Hill session	Rest, or Swim or X-Train or Core.	Club Run - suggest short pre XC	Rest for XC	Intermediates Long Run or Park run or rest for XC	XC series	Jon
<b>Week 7 - 5th Dec</b>	Rest, or Swim or X-Train or Core.	<i>Suggest 5-10k run at Threshold pace</i>	Rest, or Swim or X-Train or Core.	Club structured - interval session	Recovery run or rest depending on weekend plans	Intermediates Long Run or Park run	Sunday Run - all welcome	Jon
<b>Week 8 - 12th Dec</b>	Rest, or Swim or X-Train or Core.	Club structured - Hill session	Rest, or Swim or X-Train or Core.	Club Run	Recovery run or rest depending on weekend plans	Intermediates Long Run or Park run	Sunday Run - all welcome	Ian
<b>Week 9 - 19th Dec</b>	Rest, or Swim or X-Train or Core.	<i>Suggest 5-10k run at Threshold pace</i>	Rest, or Swim or X-Train or Core.	Club structured Plyometric / circuits	Recovery run or rest depending on weekend plans	Intermediates Long Run or Park run	Xmas Day - have a rest!	Ian
<b>Week 10 - 26th Dec</b>	Rest, or Swim or X-Train or Core.	Club structured - interval session	Rest, or Swim or X-Train or Core.	Club Run	Rest for handicap and eat mince pies!	Intermediates Long Run or Park run or rest for handicap	WHH New Years Day Handicap	Jon
<b>Week 11 - 2nd Jan</b>	Rest, or Swim or X-Train or Core.	<i>Suggest 5-10k run at Threshold pace</i>	Rest, or Swim or X-Train or Core.	Club structured - XC series prep	Rest for XC	Intermediates Long Run or Park run or rest for XC	XC series	Jon
<b>Week 12 - 9th Jan</b>	Rest, or Swim or X-Train or Core.	Club structured - Gentle session XC recovery	Rest, or Swim or X-Train or Core.	Club Run	Recovery run or rest depending on weekend plans	Intermediates Long Run or Park run	Sunday Run - all welcome	Jon
<b>Week 13 - 16th Jan</b>	Rest, or Swim or X-Train or Core.	<i>Suggest 5-10k run at Threshold pace</i>	Rest, or Swim or X-Train or Core.	Club structured Plyometric / circuits	Recovery run or rest depending on weekend plans	Intermediates Long Run or Park run	Sunday Run - all welcome	Ian
<b>Week 14 - 23rd Jan</b>	Rest, or Swim or X-Train or Core.	Club structured - Hill session	Rest, or Swim or X-Train or Core.	Club Run	Recovery run or rest depending on weekend plans	Intermediates Long Run or Park run	Sunday Run - all welcome	Jon

<b>Week 15 - 30th Jan</b>	Rest, or Swim or X-Train or Core.	<i>Suggest 5-10k run at Threshold pace</i>	Rest, or Swim or X-Train or Core.	Club structured - interval session	Rest for XC	Intermediates Long Run or Park run or rest for XC	XC series	Jon
<b>Week 16 - 6th Feb</b>	Rest, or Swim or X-Train or Core.	Club structured Plyometric / circuits	Rest, or Swim or X-Train or Core.	Club Run	Recovery run or rest depending on weekend plans	Intermediates Long Run or Park run	Sunday Run - all welcome	Chris
<b>Week 17 - 13th Feb</b>	Rest, or Swim or X-Train or Core.	<i>Suggest 5-10k run at Threshold pace</i>	Rest, or Swim or X-Train or Core.	Club structured - Gentle session pre Goring	Recovery run or rest depending on weekend plans	Intermediates Long Run or Park run	Sunday Run - all welcome	Ian
<b>Week 28 - 20th Feb</b>	Rest, or Swim or X-Train or Core.	Club structured - Hill session	Rest, or Swim or X-Train or Core.	Club Run - suggest short pre Goring	Recovery run or rest depending on weekend plans	Intermediates Long Run or Park run	Goring 10k - 11am	Jon
<b>Week 19 - 27th Feb</b>	Rest, or Swim or X-Train or Core.	<i>Suggest 5-10k run at Threshold pace</i>	Rest, or Swim or X-Train or Core.	Club structured - XC series prep	Rest for XC	Intermediates Long Run or Park run or rest for XC	XC series	Jon
<b>Week 20 - 6th March</b>	Rest, or Swim or X-Train or Core.	Club structured - interval session	Rest, or Swim or X-Train or Core.	Club Run	Recovery run or rest depending on weekend plans	Intermediates Long Run or Park run	Sunday Run - all welcome	Jon
<b>Week 21 - 13th March</b>	Rest, or Swim or X-Train or Core.	<i>Suggest 5-10k run at Threshold pace</i>	Rest, or Swim or X-Train or Core.	Club structured Plyometric / circuits	Recovery run or rest depending on weekend plans	Intermediates Long Run or Park run	Sunday Run - all welcome	Ian
<b>Week 22 - 20th March</b>	Rest, or Swim or X-Train or Core.	Club structured - Hill session	Rest, or Swim or X-Train or Core.	Club Run	Recovery run or rest depending on weekend plans	Intermediates Long Run or Park run	Sunday Run - all welcome	Chris
<b>Week 23 - 27th March</b>	Rest, or Swim or X-Train or Core.	<i>Suggest 5-10k run at Threshold pace</i>	Rest, or Swim or X-Train or Core.	Club structured - interval session	Recovery run or rest depending on weekend plans	Intermediates Long Run or Park run	Sunday Run - all welcome	Ian
<b>Week 24 - 3rd April</b>	Rest, or Swim or X-Train or Core.	Club structured - 1/2 marathon pre session	Rest, or Swim or X-Train or Core.	Club Run - 5k max for those doing WHH half	Rest for WHH Half	Rest for WHH Half	WHH Half Marathon	Chris