



December Training Schedule



Thursday 1st December	Turn right onto Ashby Road left on to Queensway continue with steady run down to Grange Lane North Junction, Split into groups. Then run hard back up Queensway continuing hard down Kingsway to Berkley circle, recovery along Scotter Road then left up Quibell Park Hill continue down Brumby Wood Lane back to club. Faster group can take in extra lap between Quibell Hill top / Scotter Road	Tempo Run	Approx 7.5 mile or Approx 9 mile
Tuesday 6th Dec or Dennis long run night 6pm.	Turn left onto Ashby Road steady down Brumby Wood Lane left up Kingsway meet at Car Park on the left. Split into groups and Pyramid train using lamp posts down Kingsway to roundabout, slower groups to use adjacent road also called Kingsway.	Pyramid	
Thursday 8th Dec	2 Mile Winter Series Race 7pm Start £2:00 on the night. SAFETY NOTE! All runners must wear high visibility reflective vests/ clothing; you will not be allowed to enter if you do not have a high Vis vest.	Race	2 Mile
Tuesday 13th Dec	Left onto Ashby Road left down Church Lane meet at footpath that joins Cliffcloses road to Kingsway. Along Cliff Closes Road turn right up Doncaster Road Hill right into to Newland Avenue, take 2nd right into Newland Drive, right on Newland Avenue, right in to Axholme Road, left up Brandon Road, right Newland avenue, left Burnham road Axholme road. Do either 3 or 4 circuits back to club via Church Lane	Hill Work Steady	3 Circuits route 8½ ; Or 4 circuits 9¼
Thursday 15th Dec or Malcolm long run night 6pm	Right onto Ashby Road / Kingsway/ Scotter Road / Moorwell Road / Chancel Road / Grange Lane South / Queensway back to club.	Tempo Run	Approx 9¼
Tuesday 20 th Dec	Right onto Ashby Road / Messingham Road / Manor Road / Timberland up to Wisteria Way / Morrison's / Brigg Road / Old Crosby / Frodingham Road / back to club. Try to include some 10k pace mile reps	Mile Speed Sessions	Approx 9¼
Thursday 22 nd Dec	Christmas lights run. ** Santa Hats required or else 50p fine ** To be finalised nearer the night.	Steady Run	
Monday 26 th Dec	Boxing Day Fancy Dress Fun Run £2:00 either 2mile or 4 mile		
Tuesday 27th Dec	Ashby Road / Kingsway up Doncaster Rd to bottom of hill. Split into groups and do Hill work, running hard up two lampposts jogging down one, work to top of hill. Jog to bottom and repeat.	Hill Work	Approx 6- 8 mile
Thursday 29th Dec	Ashby Road, Oswald Road, Doncaster Road, Scotter Road, up Ferry Road, Normanby Road, down Orbital, Scotter Road, up Kingsway, Ashby Road back to club	Steady Run	Approx 8½

Forthcoming Races	
This month (Dec)	Next Month (Jan)
Thursday 8th Dec 2 Mile Winter Series Race	Cleethorpes 10k 1 st Jan
Monday 26th Boxing Day Fancy Dress Fun Run	Humberside Cross Country Champs 8th Quibell Park
Sheffield Open X Country, Sat 31st at Graves Park	Ropsley Raid Grantham 15 th 6 or 13mile Multi Terrain
	Ferriby 10 Mile 29 th Warning get entries in early
Long runs starting @ 6pm; Dennis leading on the first Tuesday of each month and Malcolm leading third Thursday of each month.	