

March 2020	Tuesday (6:20- Common)	Thursday (6:20- Soton Track)	Saturday (Time/Location TBC)	Sunday (Time/Location TBC)
<b>02/03</b>	5 x 1mile tempo [90]	Speed: 5 x 400m [60], 5 x 800m [90], 5 x 400m [60] or Mara Session- 20k as 5 x (3k MP, 1k steady)	Easy parkrun + 5 x 20sec strides	<b>CC6 Wilverley,</b> Easy 2hrs
<b>09/03</b>	Ridgemount Hills- Continuous Hills (3 x 2 loops) [3]	Tempo: 2 x 4km [3] or Mara Session- 20k as 4 x (4K MP, 1k steady)	Easy parkrun + 5 x 20sec strides	Easy 1:30 (last 15mins fast finish)
<b>16/03</b>	Speed Pyramid: 1,2,3,4,5,4,3,2,1 [half time rec- 2mins for 5, 45secs for 1min]	Tempo: 5km [3], 3km [90], 2km or Mara Session-22km as 3 x (5km MP, 1k steady) then 4km @ MP	Easy parkrun + 5 x 20sec strides	Easy 1:45 (hilly/off-road)
<b>23/03</b>	6 x 4mins [2] @ 10k progressing to faster	Taper: 2k Tempo [3], 800 [200], 600 [60], 400 [2] @ 10k-5K pace, 1k tempo	Easy parkrun + 5 x 20sec strides	<b>Fleet HM, Salisbury 10M,</b> Easy 90mins