FEBRUARY TRAINING SCHEDULE
Ken Toye Alex Rothwell

Day	Date	Training Summary	Training Detail
Mon	**Feb 02**	Tempo	Embankment, Kempston Road, Hillgrounds. 7.5 miles
Wed	**Feb 04**	Hills	Warm up to Cemetery Hill. 3 x Gainsborough Rise Fig 8. Warm down back to club. Approx 7.5 miles.
Sat	**Feb 07**	Ken Away	
Mon	**Feb 09**	Steady, with Efforts	Harrowden Road, Abbey Fields, Elstow, Spring Road, Bedford Road and return. 8 miles
Wed	**Feb 11**	Long Intervals	Short warm up to Embankment. 5 x 1 mile reps on Embankment paths. Warm down back to club. Approx 6.5 miles.
Sat	**Feb 14**	Ken Away	
Mon	**Feb 16**	Long Hills	Warm up to Bedford Park, Cemetery, Curlew, Robin, and Mallard - the usual suspects 6.5 miles
Wed	**Feb 18**	Tempo	Warm up to Goldington Rd. 2 x 16 min reps at threshold pace. (1 - Goldington, Norse. 2 - Wentworth, Kimbolton, Putnoe Ln). Warm down back to club. Approx 7 miles.
Sat	**Feb 21**	Check with Ken	Call 07876 034904
Mon	**Feb 23**	Long Steady with efforts	Biddenham Loop (long efforts) and return. 8 miles.
Wed	**Feb 25**	Intervals / Hills	Warm up to Slade Walk. 3 x Slade Walk, Manton La, Clapham Rd hill / interval session with recovery between each lap. Warm down back to club. Approx 7.5 miles.

PLEASE DO NOT REMOVE THIS COPY *– Schedule is available on the website to print off*

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