

## KHAC 6 Week Training Plans

Week	Day	Group A	Group B	Group C	Group D
	Coached By:	Allan Mc	Frank, John C, & Steve	John Mc	Alan D'H
<b>1</b> (Commencing 10/10/22)	<b>Tuesday</b>	Tempo Run - Speke Boulevard	Linkside Loops	Palm Grove Paarlauf Relays	Belle Vale muster run
	<b>Thursday</b>	Camphill Efforts - Camphill	Bower Road Hills	Charterhouse Loops	Hollytree Road hill repeats
<b>2</b> (Commencing 17/10/22)	<b>Tuesday</b>	Time Pyramid - Hunts Cross Avenue (winter) Foxhill Ln (Summer)	Cookhouse Looks (Or Hunts Cross Relays)	Woolton Tempo Route	Linkside Meet & Retreat sprints
	<b>Thursday</b>	Kenyan Hills - Kings Drive	Camphill Road	Hillside Drive efforts - short	Charterhouse Road hill loops
<b>3</b> (Commencing 24/10/22)	<b>Tuesday</b>	Fartlek Run - Belle Vale Bus Stops	Speke Boulevard Long or Short	Linkside Meet and Greet	Out Lane pyramid sprints
	<b>Thursday</b>	Woodrock Hills - Woodrock Road	Zig Zag Hills	Kings Drive Climb	Woolton Cinema hill repeats

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<b>4</b> <b>(Commencing 31/10/22)</b>	<b>Tuesday</b>	Km Efforts - Ford Road (Winter) Doorstep (Summer)	Ford Road Pyramid	Belle Vale Short Fartleks	Lower Close interval session
	<b>Thursday</b>	Wills Hills - Muster run	Hillside	One Way Woolton Zig Zags	Kings Drive Kenyan hill repeats
<b>5</b> <b>(Commencing 07/11/22)</b>	<b>Tuesday</b>	Descending Distance Efforts - Sherbourne Ave	Belle Vale Long	School Lane Pyramid Session	Lamppost fartlek session
	<b>Thursday</b>	Bower Road - 10+ laps	Hollytree Hills	Woolton Dead End Kenyan Hills	Watergate Lane speed bump hill loops
<b>6</b> <b>(Commencing 14/11/22)</b>	<b>Tuesday</b>	Linkside Fartlek Efforts	Speke Retail 10k	Clarke Gardens Progression Run	Sherbourne Road pyramid sprints
	<b>Thursday</b>	Woolton Hill Spider - 5 x varied efforts	Hills of Woolton	Hollytree Hills	Woodrock Rd dead ends hill loops

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<b>7</b> <b>(Commencing 21/11/22)</b>	<b>Tuesday</b>	TBC	TBC	TBC	TBC
	<b>Thursday</b>	Whole Club Session Franks Dead Ends			