

<u>Jog Lisburn Running Club</u>			<u>AUGUST and SEPTEMBER 2019 TRAINING PLAN</u>					
				(Includes some week end race dates for those interested.)				
DATE			A	B	C	D	E	F
Mon 5 Aug			5Miles @7.30/m	5Miles @8.30/m	Track	Duncans X4	3Miles @12.00/m	Intervals/Run Drills
Wed 7 Aug			Track	Track	5Miles@10.00/m	20out/19Back	Intervals X 100m	3Mile run/Jog
Fri 9 Aug	Mallusk 5 mile							
Sat 10 Aug	Slieve Croob 5K & 10 K							
Mon 12 Aug			Duncans X8	Hills	5Miles @10.00/m	Track	16Out/15Back	3Mile run/jog
Wed 14 Aug			5Miles @ 7.30/m	Duncans X 6	20out/19Back	4Miles @11.00/m	Intervals X 200M	Hills in Park
Fri 16 Aug	Connswater 5 mile							
	Prosecco 5K							
Sat 17 Aug	Dambusters							
	Lecale 10K							
Sun 18 Aug	Hillsboro festival							
Mon 19 Aug			6Miles @ 8.00/m	5Miles @ 9.00/M	Duncans X 5	Hills	4Miles @12.00/m	3Mile Run/Jog
Wed 21 Aug			20Out/19Back	Duncans X 6	Hills	Intervals X 200M	Hills in Park	Intervals/Run Drills
Fri 23 Aug	Strangford 10K							
Sat 24 Aug	Rathlin							
Sun 25 Aug	Vic Pk 5K							
	Stormin Castle 10K							
	Lurgan Lakes & Lough							
Mon 26 Aug			6Miles @7.30/m	20Out/19Back	Track	Duncans X 4	16out/15Back	3Mile Run/Jog
Wed 28 Aug			Track	Track	5Miles @10.00/m	20Out/19Back	Intervals X200m	Hills in Park
Fri 30 Aug	Magheralin 5K							

Sat 31 Aug	Fields of Life 5K & 10K						
	Last One Standing						
Sun 1 Sept	Laganside 10K						
Mon 2 Sept		5Miles @8.00/m	Duncans X 6	Track	Running Drills	3Miles @11.30/M	Intervals/Drills
Wed 4 Sept		Track	Track	5Miles @9.30/M	4Miles @10.45/M	Running Drills	3Mile run/Jog
Sat 7 Sept	Larne 10K						
	Run in Pk Bangor						
Mon 9 Sept		6Miles @7.30/m	1K on 1K off	Duncans X 6	Track	Intervals X 300m	15Out/14Back
Wed 11 Sept		Track	Track	Hills	Duncans X 4	18Out/17Back	Hills in Park
Sat 14 Sept	tannaghmore 5K & 10K						
Sun 15 Sept	Centra Run Armagh						
Mon 16 Sept		Hills	20Out/19Back	Intervals X 200M	1k on/ 1K off	Track	3Mile run
Wed 18 Sept		20Out/19Back	5miles @ 8.30/M	Track	Hills	4Miles @ 12.00/M	Intervals/Run Drills
Sun 22 Sept	Belfast Half						
Mon 23 Sept		6Miles @8.00/m	Hilly Run	Track	4Miles @10.45/M	Duncans X 3	3 mile run/Jog
Wed 25 Sept		Duncans X 8	5Miles @ 8.30/M	Running Drills	Intervals X 400	Intervals X 200	Hills in Park
Sat 28 Sept	Bangor 10K						
	Annaghmore Festival						
Sun 29 Sept	Albertville 5K						
Mon 30 Sept		6Miles @7.30/m	Running Drills	20Out/19Back	Duncans X 4	18Out/17Back	4 Mile run/Jog
Wed 2 Oct		Running Drills	5Miles @8.30/M	Duncans X 6	Track	4Miles @11.30/m	Intervals/Run Drills
Sun 6 Oct	Vict Pk Relays						

	Craigavon Lakes 3/4 marathon								
	<b><u>Notes</u></b>								
	<b>1</b>	If runners can't run at the suggested group pace, please drop a group on that night.							
	<b>2</b>	If marathon training long runs or races over weekend, then please feel free to drop a group on Monday's							
	<b>3</b>	All training subject to change, depending on Weather and Coach/Lirf availability.							