

# MICK's GROUP SCHEDULE



**MONTH:** December 2011 - January 2012

Day	Date	Lead Coach	Exercise	Duration	Recovery
<b>DECEMBER</b>					
Tue	13-Dec	Paul	Hills - Castlewood Ind Est	40mins	Jog
Thurs	15-Dec	John	Railway Station - Sutton Parkway	40mins	
Sat	17-Dec	Mick	Steady 3 miles then 1 mile rep/downhill. Steady 3 miles over the hills to start then 1 mile rep.	8am Ashfield School Car Park	
Sun	18-Dec		<b>Jacksdale Comm Centre - 2hrs</b>	<b>8am start</b>	<b>2hrs</b>
Tue	20-Dec		Xmas Coaches 5k team trial followed by Bentinck drinks and buffet		
Thurs	22-Dec		Meet Ashfield School 6:15pm steady run		
Sat	24-Dec	Mick	Steady 10 miles	8am Ashfield School Car Park	
Sun	25-Dec		<b>HAPPY CHRISTMAS</b>		
Tue	27-Dec		Meet Ashfield School 6:15pm steady run		
Wed	28-Dec	Phil	Christmas Crucifier, 9am meet at Jacksdale Community Centre		
Thurs	29-Dec		Meet Ashfield School 6:15pm steady run		
Sat	31-Dec	Mick	To be decided on the day	8am Ashfield School Car Park	
<b>JANUARY</b>					
<b>HAPPY NEW YEAR</b>					
Sun	01-Jan		<b>See Mick/Phil for the run</b>	<b>8am start</b>	<b>2hrs</b>
Tue	03-Jan		Meet Ashfield School 6:15pm steady run	40mins	
Thurs	05-Jan		200/400/600m	40mins	30/60/90 rec
Sat	07-Jan	Mick	6mile out and back. Target is to get a quicker time on way back.	8am Ashfield School Car Park	
Sun	08-Jan		<b>Dumbles Run - Meet Ashfield School</b>	<b>8am start</b>	<b>2hrs</b>
Tue	10-Jan		Hills - Castlewood Ind Est	40mins	Jog
Thurs	12-Jan		Short Efforts	40mins	
Sat	14-Jan		1 mile steady 5x long hills. 5 mile steady 5 x long hills. 3 mile warm down. This effort can be cut down on coaches advice.	8am Ashfield School Car Park	
Sun	15-Jan		<b>See Mick - Thieves Wood Car Park</b>	<b>8am start</b>	
			<b>BDL XC: Shipley Park Cricket Club</b>	<b>8am start</b>	
Tue	17-Jan		4*400m/1.5m/4*400m/1.5m	40mins	Jog
Thurs	19-Jan		Railway Station - Sutton Parkway	40mins	
Sat	21-Jan	Mick	6 mile steady then 5k time trial. 2 mile warm down.	8am Ashfield School Car Park	
Sun	22-Jan		<b>Teversal Grange Car Park</b>	<b>8am start</b>	<b>2hrs</b>



# MICK's GROUP SCHEDULE



**MONTH:** January 2012 - February

Day	Date	Lead Coach	Exercise	Duration	Recovery
<b>JANUARY</b>					
Tue	24-Jan		Short Efforts	40mins	Jog
Thurs	26-Jan		Hills - Castlewood Ind Est	40mins	
Sat	28-Jan	Mick	As dec 17th but reversed (IE: the mile reps are up hill). Will add an extra mile rep down to finish.	8am Ashfield School Car Park	
	29-Jan		Bestwood Park - Meet Hucknall Market.	8am start	2hrs
Tue	31-Jan		200/400/600m	40mins	Jog
<b>FEBRUARY</b>					
Thurs	02-Feb		Out and Back - Huthwaite	50mins	
Sat	04-Feb	Mick	TBC	8am Ashfield School	
Sun	05-Feb		John's Posse Run - Hutt Car Park	8am start	2hrs
Tue	07-Feb		1mile loops - Abacus	40mins	Jog
Thurs	09-Feb		Short Efforts	40mins	
Sat	11-Feb	Mick	TBC	8am Ashfield School	
Sun	12-Feb		See Mick - Woods Car Park	8am start	2hrs
			Booths XC - Holmebrook Valley	11am	
Tue	14-Feb		Hills - Castlewood Ind Est	40mins	Jog
Thurs	16-Feb		1000m/800m	40mins	
Sat	18-Feb	Mick	TBC	8am Ashfield School	
Sun	19-Feb		Dumbles Run - Meet Ashfield School	8am start	2hrs
Tue	21-Feb		Short Efforts	40mins	Jog
Thurs	23-Feb		200/400/600m	40mins	
Sat	25-Feb	Mick	TBC	8am Ashfield School	
Sun	26-Feb		Teversal Grange Car Park	8am start	2hrs
Tue	28-Feb		Railway Station - Sutton Parkway	40mins	Jog
<b>MARCH</b>					
Thurs	01-Mar		4*400m/1.5m/4*400m/1.5m	40mins	
Sat	03-Mar	Mick	TBC	8am Ashfield School	
Sun	04-Mar		Jacksdale Comm Centre - 2hrs	8am start	2hrs
Tue	06-Mar		Hills - Castlewood Ind Est	40mins	Jog
Thurs	08-Mar		Short Efforts	40mins	
Sat	10-Mar	Mick	TBC	8am Ashfield School	
Sun	11-Mar		Felly Run - Meet Junc 27 layby	8am start	2hrs
Tue	13-Mar		Out and Back - Huthwaite	40mins	Jog
Thurs	15-Mar		400m	40mins	