

Date	Group 1 (Adults and juniors M/W10, M/W10 -12)	Group 2 (Adults and WCOC juniors M/W14+)	Total activity time
8 Jan	<p>Meet at Harris Park gate, Cockermouth 5pm Recovery/Steady/Hard/Flat out 10 mins Warm up 1 min steady/1 min hard/1 min recovery/1 min flat out/1 min recovery</p> <p>1 min steady/1 min hard/1 min recovery/1 min flat out/1 min recovery</p> <p>30 secs min steady/30 secs min hard/30 secs min recovery/30 secs min flat out/30 secs recovery</p> <p>10 mins Cool down</p>	<p>Meet at Harris Park gate, Cockermouth 5pm Recovery/Steady/Hard/Flat out 10-15 mins Warm up 2 min recovery/2 min steady/2 min hard/2 min recovery/2 min flat out 2 min recovery/2 min steady/2 min hard/2 min recovery/2 min flat out 1 min recovery/1 min steady/1 min hard/1 min recovery/1 min flat out 10 mins Cool down</p>	<p>WU 10</p> <p>Intervals 5 Intervals 5 Interval 2.5</p> <p>10CD Total 32.5</p>
15 Jan	<p>Meet at Cockermouth School car park, 5pm Hills 10-15 mins Warm up 6 x 30 secs uphill, 30 secs recovery 10 mins Cool down</p>	<p>Meet at Cockermouth School car park, 5pm Hills 10-15 mins Warm up 6 x 60 secs uphill, 45 secs recovery 10-15 mins Cool down</p>	<p>10 WU Intervals 6 10CD</p> <p>Total 26</p>
22 January	<p>Meet C'th School car park, 5pm Speed work at Limetree Crescent triangle 10 mins Warm up</p> <p>6 mins Clockwise, 1 side fast, 1 side recovery, 1 side fast etc 3 mins recovery 6 mins Anti-clockwise, 1 side fast, 1 side recovery, 1 side fast, 1 side recovery</p> <p>10 mins Cool down</p>	<p>Meet at Cockermouth School car park, 5pm Speed work at Limetree Crescent triangle 10 mins Warm up 8 mins Anti-Clockwise, 2 sides fast, 1 side recovery, 2 sides fast, 1 side recovery 4 mins recovery 8 mins Clockwise, 2 sides fast, 1 side recovery, 2 sides fast, 1 side recovery 10 mins Cool down</p>	<p>WU 10</p> <p>Intervals 6</p> <p>Intervals 6</p> <p>10CD</p> <p>Total 32</p>
29 January	<p>Meet at C'mouth School car park, 5pm Hills 10-15 mins Warm up 8 x 30 secs uphill, 30 secs recovery 10 mins Cool down</p>	<p>Meet at Cockermouth School car park, 5pm Hills 10-15 mins Warm up 8 x 60 secs uphill, 45 secs recovery 10-15 mins Cool down</p>	<p>10 WU Intervals 8 10CD</p> <p>Total 28</p>

Date	Group 1 (Adults and juniors M/W10, M/W12)	Group 2 (Adults and WCOC juniors M/W14+)	
5 February	<p>Meet at Harris Park gate, C'mouth 5pm Speed pyramid</p> <p>10 mins Warm up</p> <p>1 min fast, 30 secs recovery, 2 mins fast, 1 min recovery, 3 mins fast, 90 secs recovery, 2 mins fast, 1 min recovery, 1 min fast, 30 secs recovery</p> <p>10 mins Cool down</p>	<p>Speed pyramid</p> <p>10 mins Warm up</p> <p>1 min fast, 30 secs recovery, 2 mins fast, 1 min recovery, 3 mins fast, 90 secs recovery, 4 mins fast, 2 mins recovery, 5 mins fast, 150 secs recovery, 4 mins fast, 2 mins recovery, 3 mins fast, 90 secs recovery, 2 mins fast, 1 min recovery, 1 min fast, 30 secs recovery</p> <p>10 mins Cool down</p>	<p>WU10</p> <p>Intervals 13.5</p> <p>10CD</p> <p>Total 33.5</p>
12 February	<p>Meet at C'mouth School car park, 5pm Hills</p> <p>10-15 mins Warm up</p> <p>10 x 30 secs uphill, 30 secs recovery</p> <p>10 mins Cool down</p>	<p>Meet at Cockermouth School car park, 5pm Hills</p> <p>10-15 mins Warm up</p> <p>10 x 60 secs uphill, 45 secs recovery</p> <p>10-15 mins Cool down</p>	<p>WU 10</p> <p>Intervals 10</p> <p>10CD</p> <p>Total 30</p>
HALF TERM	(Try a Park run somewhere - Whinlatter Supposed to be the hardest in the UK!)	(How's your Parkrun PB?)	