

SPRING TRAINING CAMPS – MARCH '18

DATE	MORNING	AFTERNOON	AFTERNOON	EVENING
Thur 8 Mar	Arrivals	Arrivals	4.30pm Meet at front of Alfa Mar for the first steady run	
Fri 9 Mar	8am Steady run	3pm – drills and stride session – meet on the track	4pm: After the warm up split into groups for speed work - Tempo running on Cross Country course or track.	6.30pm Training talk by Nick Anderson – getting the best from a training camp. Pizza night get together in Falesia Pizzeria – we'll pay for the pizza you pay for drinks and anything else consumed.
Sat 10 Mar	8am Steady run 10am Individual time with coaches by the pool to look at schedules	3pm Core Stability session with Jenny by the pool	4pm: Speed endurance work - Tempo running on Cross Country course or track, steady run.	
Sun 11 Mar	7.30am Long Runs	Rest		6.30pm Nick Anderson interviews Mike Gratton on his training regime for the London Marathon 1983 and running a 2:09 Marathon.
Mon 12 Mar	8am Steady run 10am Individual time with coaches By the pool	3pm Pilates session with Michelle by the pool.	4pm: Time based Tempo running on Cross Country course.	6.30pm: Training talk by Nick Anderson and Tom Craggs – focusing on racing.
Tue 13 Mar	10am Falesia 5km Race – entry fee 5€	3pm Yoga session with Sue by the pool	4pm: Steady run from Alfa Mar	6.30pm: Training Talk by Tom Craggs – nutrition.
Wed 14 Mar	8am Medium long runs 6 to 12 miles 11am Individual Time with coaches	3pm Core Stability session with Jenny by the pool	4pm Tempo and mixed relays – cross country course	7pm BBQ night – meet in Flor de Mar restaurant at Falesia.
Thu 15 Mar	8am Steady run	Airport transfers for arrivals & departures	4.00pm Meet at the front of Alfa Mar for a steady run	Free time
Fri 16 Mar	8am Steady run	3pm Yoga Session with Sue	4pm Tempo Running on Cross Country course	6.30pm Q & A session with the coaches.
Sat 17 Mar	7.30am Long Runs			7pm – social get together in a restaurant at Falesia.
Sun 18 Mar	8am Steady Runs	Departures to Faro Airport.		