

Week number	Week beginning	Run 1 - intervals Tuesday	Run 2 - Hilly run Thursday	Run 3 - Long Run Saturday	Run 4 - Tempo run Sunday	Notes
22	30-Oct	1	Rest	1.5	0.75	
21	06-Nov	1	Rest	1	1	WHL #2 Cringle
20	13-Nov	1	1	Rest	Race	
19	20-Nov	1	1	2	1	Weekend club run - Bungalow/ Snaefell/ByP
18	27-Nov	Rest	1	2	1	
17	04-Dec	1	1	Race	1	WHL#3 Eairy Beg/ Glen Helen
16	11-Dec	1	1	2	Rest	Weekend- Club run - Injebrek- Greeba
15	18-Dec	1	1	2	1.25	
14	25-Dec	Rest	Rest	Rest	1.25	
13	01-Jan	Rest	1	2.5	Rest	St John's Fell Race
12	08-Jan	1	1	2.5	1.5	Weekend club run - St John's - CNL
11	15-Jan	1	1.5	2.5	1.5	
10	22-Jan	1	1	Race	Rest	Fell race- Ard Whallin
9	29-Jan	1	1.5	3	2	
8	05-Feb	1	Rest	1	Race	Fell race - Bradda
7	12-Feb	1	1.5	2	Rest	
6	19-Feb	Rest	1	2.5	1	Weekend Guided club run
5	26-Feb	1	Rest	3	2	
4	05-Mar	1	1	Race	Rest	Fell race - Slieau- by - dhoo
3	12-Mar	1	Rest	2	1	
2	19-Mar	1	0.5	Rest	1	
1	26-Mar	1	0.5	Race	Rest	MMM Race Day- Mar 31st