

Date	Training	Run Format
5th December	Buddy workout / Strength Circuit	Short Run 3k
7th December	Mobility Drills	10k Run
12th December	Running Drills	5k Tempo Run
14th December	Velocity / Mobility Drills	7k
19th December	Locomotion / Speed Work + Core Strength	Short Run 3k
21st December	Endurance /	Long Run 10k
26th December	Christmas / Agility Drills	Short Run 3k
28th December	Velocity / Mobility Drills	7k