

EPSOM ODDBALLS RUNNING CLUB

MARATHON TRAINING 2006

Date	Race Diary	Official Club Training Run (Bold)	Mileage	Target	Remark
08-Jan-06	Mabac Windsor	MABAC or Tadworth Ten	8M	10	Add two-mile warm-up before MABAC
14-Jan-06	Oddballs X-country (Sunday)	Run Saturday, X-Country Loop + Common	11M	11	Court Rec, Lower Car Park 8:30 Saturday
22-Jan-06		Leatherhead, By-pass and Ashtead	12M	12	Court Rec, Upper Car Park, at 8:30
28-Jan-06	Perch VII (Sunday)	Two laps Perch Course plus loop on Saturday	13M	13	Meet Rubbing House 8:30 Saturday [1]
05-Feb-06	Mabac Farley Heath	Run to MABAC (21M) or Leatherhead / Cobham	14M	14	Court Rec, Upper Car Park, at 8:30 [2]
12-Feb-06	26.2 10K	Hogsmill, Kingston, Towpath, Claygate	15M	15	Court Rec, Upper Car Park, at 8:30 [3]
19-Feb-06	Bramley 20M (&10M)	Bramley 20 (or TBA)	20M	16	
26-Feb-06	Bushy Park Trail	Burgh Heath - Reigate - Tadworth	17M	17	Court Rec, Upper Car Park, at 8:30
05-Mar-06	Mabac Richmond Park	Run to Richmond Park, MABAC Optional	18M	18	Court Rec, Upper Car Park, at 8:45 [5]
12-Mar-06	Hastings 1/2M	Little Switzerland	19M	19	Court Rec, Upper Car Park, at 8:30
19-Mar-06	Fleet 1/2M	Richmond Park	20M	20	Kingston Gate, Richmond Park at 8:30
26-Mar-06	Cranleigh 21/15	Cranleigh 21 (or 15)	21M	21	Enter Early
02-Apr-06	Kingston B'fast Run	Effingham Junction	22M	22	Court Rec, Upper Car Park, at 8:30
09-Apr-06	Mabac Winterfold	Run to MABAC (20M), MABAC Race Optional	21M	20	Start at L'head (or Thames Towpath 10)
16-Apr-06		Tapering Down, Epsom 10 route	12M	12	Court Rec, Upper Car Park, at 8:30
23-Apr-06	London Marathon				

Notes

- [1] 28-Jan-06 Someone needed to lead 2nd lap of Perch
- [2] 05-Feb-06 Someone needed to lead Leatherhead - Cobham - Epsom, via Sandy Lane
- [3] 12-Feb-06 Via Chessington to support 26.2 10K Race
- [4] 19-Feb-06 Someone needed to lead TBA Route
- [5] 05-Mar-06 Cakes and Hot Drinks Afterwards
- [6] General Those running to MABAC venues will require a lift back to Epsom
 General This programme covers the weekly long run that should be part of your overall training schedule
 We recommend that you attend the Tuesday Coaching session and Thursday's club run
 To avoid injury increase you milage gradually, not by more than 10% per week.