

Jul/aug 2026

|      |           |                                                             |
|------|-----------|-------------------------------------------------------------|
| Tues | 21-Jul-26 | 10 x 300 1 min recovery                                     |
| Wed  | 22-Jul-26 | Rest                                                        |
| Thur | 23-Jul-26 | Bens Training                                               |
| Sat  | 25-Jul-26 | 20 - 40 easy                                                |
| Sun  | 26-Jul-26 | 5 Star and Senior Pent Par                                  |
|      |           |                                                             |
| Tues | 28-Jul-26 | 5 x 400m with 1 min jog recovery                            |
| Wed  | 29-Jul-26 | Rest                                                        |
| Thur | 30-Jul-26 | Bens Training                                               |
| Sat  | 01-Aug-26 | Beach Training Perranporth 10 AM                            |
| Sun  | 02-Aug-26 | Rest                                                        |
|      |           |                                                             |
| Tues | 04-Aug-26 | 2 sets of 500,400,300,200 recovery 90 sec 3min between sets |
| Wed  | 05-Aug-26 | Rest                                                        |
| Thur | 06-Aug-26 | Bens Training                                               |
| Sat  | 08-Aug-26 | 20 - 40 easy                                                |
| Sun  | 09-Aug-26 | Beach Training Perranporth 10 AM                            |
|      |           |                                                             |
| Tues | 11-Aug-26 | 6/8 x 400 recovery 90 sec                                   |
| Wed  | 12-Aug-26 | Rest                                                        |
| Thur | 13-Aug-26 | Bens Training                                               |
| Sat  | 15-Aug-26 | Par graded races and 1 mile county championships            |
| Sun  | 16-Aug-26 | Rest                                                        |
|      |           |                                                             |
| Tues | 18-Aug-26 | 300,400, 500,600, 500,400,300 at 3k 1 min recovery recovery |
| Wed  | 19-Aug-26 | Rest                                                        |
| Thur | 20-Aug-26 | Bens Training                                               |
| Sat  | 22-Aug-26 | Beach Training Perranporth 10 AM                            |
| Sun  | 23-Aug-26 | Rest                                                        |
|      |           |                                                             |
| Tues | 25-Aug-26 | 3 sets of 300,400,500 recovery 1 min 3 between sets         |
| Wed  | 26-Aug-26 | Rest                                                        |
| Thur | 27-Aug-26 | Bens Training                                               |
| Sat  | 29-Aug-26 | Beach Training Perranporth 10 AM                            |
| Sun  | 30-Aug-26 | Rest                                                        |