

June 2017 Monday Sessions

Level	5 th	12 th	19 th	26 th	Group specifics
Development Pace 9.00-10.30 p/mile	Speedwork efforts 1,2,3,4,3,2,1 (mins) efforts x 2/3 IAN	Speedwork Slopers Road out and back, 1 min out 1 back, 2min out 2min back, 3min etc , Repeat – DAVE	Ed Burton 5 mile Race 1	Country run IAN	Training principles for newer runners, Speed and endurance improvement Technique Running distance approx 3-5 miles.
Improver Pace 8.00-8.45 p/mile	Wramplingham road loop x 2/3 3 split effort loops KIM	Field session/Police station TERRY	Ed Burton 5 mile Race 1	controlled efforts Abbey, bradmans lane, London rd, waitrose, club	Mixed ability group, Running distance approx 4-6 mile. Variety of session styles and locations
Intermediate Pace 7.00-8.00 p/mile	Pace Management and Hill Technique. Wramplingham Lane Loop. Approx 6 miles E/P & S/T KIM	Interval Run into country, mixed distance and timed efforts Approx. 6/7 miles E/P KEV	Ed Burton 5 mile Race 1	Speed Endurance. Ketteringham Lane 2 minute hard with 1 minute jog recovery x 10 S/T	Faster paced mixed ability group. Variety of session styles and locations. Running distance 6+ miles P/M – pace Management E/P – Endurance and Pace Management S/T – Strength and Technique S/E – Speed and Endurance T - Technique
Advance Pace 6.00 – 7.00 p/mile	2 easy 2 x 8 min @3k pace + 5mins easy recovery 10 x 1min @ 5k + 45 sec recover	2 easy 4 x 1mile (1 at 20 sec off 5k, 2 at 5k pace, Last flat out) all plus 2 min recov	Ed Burton 5 mile Race 1	2 easy 6 min 5k pace 2 min recov 3 min fast Repeat x 3 2 easy	Higher intensity longer distance group. Running distance 6-8 miles

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	1-2 mile easy				
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