

## November 2017 Monday Sessions

Level	6 <sup>th</sup>	13 <sup>th</sup>	20 <sup>th</sup>	27 <sup>th</sup>	Group specifics
<b>Development</b> Pace 9.00-10.30 p/mile	Club time trial	Longer efforts Folly Rd, Ketts Avenue loop x 2/3 DH/CB	Round town – efforts 1,2,3,2,1 repeat x 2 IS/DH	Club time trial	Training principles for newer runners, Speed and endurance improvement Technique Running distance approx 3-5 miles.
<b>Improver</b> Pace 7.45-8.45 p/mile	Club time trial	Warm up 10min Rustens Manor Loop x 6/8 Speed/Endurance Race practice Return via Nch Rd KR	Warm up Varied Speedwork – Ethel Gooch 1km loop X 4/5 KR/HB	Club time trial	Mixed ability group, Running distance approx 4-6 mile. Variety of session styles and locations
<b>Intermediate</b> Pace 7.00-7.45 p/mile	Club time trial	<b>Speed Endurance</b> Ethel Gooch Loop x 5 <b>S/T</b> 5 x loops of approx. 1k. Focusing on speed endurance technique	<b>Endurance and Pace Management</b> Fartlek run through town.  6 ½/7 miles	Club time trial	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
<b>Advance</b> Pace 6.00 – 7.00 p/mile	Club Time Trial. 2-3 mile warm up then do the time trial (2.4ish miles) followed easy 10 mins and then 1 x lap of time trial route in reverse 2 easy cool down.	2 miles easy followed by 3 sets of; 4 X Hubbard's Close + 90 sec recovery, 5 mins easy jog between sets. 2 miles easy	2 miles easy followed by 4x1 Mile + 2 mins, 2 miles easy	Club Time Trial. We will run a 2-3 mile warm up then do the time trial (2.4ish miles) followed some stride work and cool down.	Higher intensity longer distance group. Running distance 6-8 miles