

## February 2018 Monday Sessions

Level	5 <sup>th</sup>	12 <sup>th</sup>	19 <sup>th</sup>	26 <sup>th</sup>	Group specifics
<b>Development</b> Pace 9.00- 10.30 p/mile	Police Station Speedwork	Round Town - effort, recover varying efforts	Hills – Ayton Road	St Leonards Close Speedwork Session	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	Mix Session – Hubbards Close, Barnham Broom Road	Long Hills Endurance – Ayton Road Browick road loop - x 3	Speedwork – short fast efforts Rustens Manor	Long Speed endurance Folly road/Ketts Aveune	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	<b>Hills Technique</b> x 3 types. Right Up Lane, Park Lane & Ayton Road.  7 miles. <b>S/T</b>	<b>Speed Endurance</b> St Leonards Close 10 x 2 minutes hard with 1-minute recovery in-between. 6 miles <b>S/T</b>	<b>Hills:- Long Drags.</b> Poynt Close & Barnham Broom Road. 6 ½ miles <b>E/P</b>	<b>Endurance and Pace Management</b> Fartlek run through town.  7 miles. <b>E/P</b>	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	2 miles easy 2miles Tempo followed by 6,5,4,3,2,1 +90Sec recovery 2 miles easy	3---4miles increasing pace warm up followed by 5x1k 2miles easy	2miles easy, 5---6mile fartlek 2 miles easy	2---3miles easy, 1 x 800 fast Steady 400m run 1x400 fast. 2 min recovery x 4 2 miles easy	Higher intensity longer distance group. Running distance 6-8 miles