

March 2018 Monday Sessions

Level	5 th	12 th	19 th	26 th	Group specifics
Development Pace 9.00-10.30 p/mile	Police Station Speedwork	Round Town - pyramid run 1,2,3,2,1 repeat x 3	Hills – Ayton Road Indian file short efforts x 3 1 x Ayton road	St Leonards Close Speedwork Session	Training principles for newer runners, Speed and endurance improvement Technique Running distance approx 3-5 miles.
Improver Pace 7.45-8.45 p/mile	Ethel Gooch 1km loop x 4/5 St Leonards speed x 2	Hills Right up Lane 1 long, 1 short x 2 Ayton Road to Browick bridge x 2, recover back to Ayton via T/L	Round town – long warm up, Efforts – vicar street, Damgate dash, Pople street	Round town – including Park lane Timed efforts	Mixed ability group, Running distance approx 4-6 mile. Variety of session styles and locations
Intermediate Pace 7.00-7.45 p/mile	Hills Technique x 3 types. Right Up Lane, Park Lane & Ayton Road. 7 miles. S/T	Speed Endurance St Leonards Close 10 x 2 minutes hard with 1-minute recovery in-between. 6 miles S/T	Hills:- Long Drags. Poynt Close & Barnham Broom Road. 6 ½ miles E/P	Endurance and Pace Management Fartlek run through town. 7 miles. E/P	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---3 miles easy, Ayton/Browick road+3mins easy recovery runx4 2miles easy	2 – 3miles easy 2 mins fast 2 mins easy x 20 + 1 mile effort 2 miles easy	2 – 3miles easy 8,6,4,2 mins all with 2 min active recovery 2 miles easy	2 – 3miles building pace, 1 x 800m fast, 8 x 400m with 400m slow jog recovery, 1 x 800m faster than 1 st 800m 2 miles easy	Higher intensity longer distance group. Running distance 6-8 miles