

APRIL 2018 Monday Sessions

Level	2 nd	9 th	16 th	23 rd	30 th	Group specifics
Development Pace 9.00-10.30 p/mile	Bank Holiday No Club	Spinks lane Hill repeats plus Speed return	Speedwork efforts	Abbey Hills Tbc	Wramplingham road loop x 2 Loop split into 3 efforts	Training principles for newer runners, Speed and endurance improvement Technique Running distance approx 3-5 miles.
Improver Pace 7.45-8.45 p/mile	Bank Holiday No Club	Paced efforts Abbey hill, Bradmans Lane, London Road	Abbey Hills x 5 Short pick ups	Speedwork 90sec work X 5, 1 min recovs 3 x 4 min @ 5k	Right up lane Hills and beyond!	Mixed ability group, Running distance approx 4-6 mile. Variety of session styles and locations
Intermediate Pace 7.00-7.45 p/mile	Bank Holiday No Club	Speed Endurance St. Leonards Road & Ethel Gooch Road loop (1-mile effort, short rest & 500m effort) 6 ½ miles P/M	Hill Technique & Strength. Slopers Lane (Light permitting). 5 x 60 seconds 4 x 45 seconds 3 x 30 seconds efforts with recovery in between. 6 ½ miles S/T	Pace Management & Speed Endurance. Ketteringham Road. 2 minutes hard, 1 minute recovery. 6 miles. S/T	Pace Management Fartlek efforts, heading out into country and back to town. Mixed efforts and recovery 6 ½ to 7 mile S/E	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	Bank Holiday No Club					Higher intensity longer distance group. Running distance 6-8 miles