

Session A

Individual warm up as runners arrive
Group Dynamic Stretching and drills
10 min tempo run at 10km pace
400m fast with 400m jog recovery (note Recovery to be twice the time of effort) for 25 mins
10 mins cool down
Group stretching

Session B

Individual warm up as runners arrive
Group Dynamic Stretching and drills
10 min Tempo run at 10km pace
800m fast 30 secs recovery then 100m fast 2 min jog recovery for 25 mins
10 min cool down
Group stretching

Session C

Individual warm up as runners arrive.
Group Dynamic Stretching and drills
12 mins increasing pace Tempo run – starting at ½ marathon pace (4 min) increase to 10km pace (4 min) then 5km pace 4 Min)
6 x 3 mins fast with 1 min recovery then 2 x 5 min 200m paarluf with 2 min recovery between sets
10 min cool down
Group stretching

Session D

Coach led Dynamic Warm Up
10 mins Tempo warm up
Fast Group members –
6 x 800m with 200m jog recovery
Intermediate and Improvers – 5 x 800m with 200m jog recovery
Development Group – 4 x 800m with 200m Jog recovery.
All efforts at better than 5k pace
2 sets of 3 min 200m Paarluf
Recovery run and warm down stretch

Session E

Coach Led dynamic warm up
15 min increasing pace tempo run
400m fast with 200m jog recovery for 25 mins
Warm down and stretch

Session F

Coach Led dynamic warm up
10 min tempo run at 10km pace
Pyramid Session:
2 x 1 min - 30 secs recovery between efforts
1 min recovery
2 x 2 min - 1 min recovery between efforts
90 secs recovery
2 x 3 min - 90 secs recovery between efforts
3 mins recovery
2 x 2 min -1 min recovery between efforts
90 secs recovery
2 x 1 min - 30 secs recovery between efforts
Warm Down Recovery

Session G

Coach Led dynamic warm up
10 min tempo run at 10km pace
400m fast with 150m jog recovery then 100m sprint then 2 mins recovery for 25 mins
Warm down recovery and stretch

Thursday Track Sessions – 2018

Hethersett Old Hall School Field – Start time 6.30 warm up

Date	Lead Coach	Assistant	Session – overview
5 th	Dave		Earlham Park
12 th April 18	Terry B	Dave	
19	Mark	Andrew	
26	Dave	Cindy	
3 rd May	Andy P	Andrew L	
10	Kevin	Cassie	
17			Paul Evans ?
24	Terry B	Mark	
31	Mark	Cindy	
7 th June	Dave	Katie	
14	Andy P	Cassie	
21	Terry B	Andrew L	
28			Paul Evans?
5 th July	Mark	Dave	
12	Andy P	Kevin	
19	Dave	Andrew	
26	Terry B	Cindy	
2 nd Aug			
9			
16			
23			
30			