

May 2018 Monday Sessions

Level	7 th	14 th	21 st	28 th	Group specifics
Development Pace 9.00-10.30 p/mile	Bank Holiday No Club	Country Route 5 x 5mins @ 10k pace, 2 min jog recovery	AGM 10 x 1min effort @ 5k pace	Bank Holiday Ed Burton Time Trial No1	Training principles for newer runners, Speed and endurance improvement Technique Running distance approx 3-5 miles.
Progression Pace 7.45-8.45 p/mile	Bank Holiday No Club	Warm Up Speedwork 60 sec x 5 45 sec x 5 30 sec x 5 Long effort 3 mins x 3 Fast return to club	AGM Warm Up Pyramid Hill work 30sec/1min/30 sec x 10 Long effort 2 x 4 mins Cool down	Bank Holiday Ed Burton Time Trial No1	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	Pace & Strength Wramp. Rd 5 x 90sec@5k 60 sec recov 10mins @ threshold & repeat	AGM Hills Tech, Strength Slopers Lane 5 x 60 sec 4 x 45 sec 3 x 30 sec Recov's in between	Bank Holiday Ed Burton Time Trial No1	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	2-3 warm up 5 x 1mile at goal 10k pace, 45 sec recovery Rep 4 hard as possible – 1 x 800m fast as possible – 1.2 mile cool down	AGM 2-3 m warm up, 16 x 90 sec @ 10k goal pace, 30 sec recovery 1-2 mile cool down	Bank Holiday Ed Burton Time Trial No1	Higher intensity longer distance group. Running distance 6-8 miles