

July 2018 Monday Sessions

Level	2 nd	9 th	16 th	23 rd	30 th
Development Pace 9.00-10.30 p/mile	Ed Burton Time trial No 2	Speed work at Ketts Park	Ketteringham Lane Pyramid - 1 mile warm up then 2 x pyramid 30 secs 1 min 1-30min 2min and reverse at 5km pace with 1 minute recovery between efforts and 2 mins between each set. All efforts at 5km pace	Deep Lane Long hill efforts (If useable) If not then Spinks Lane Hill Session	Ed Burton No 3
Progression Pace 7.45-8.45 p/mile	Ed Burton Time Trial No2	Ketteringham Lane Warm up short hills on Spinks Lane Speedwork – Longer Efforts	Country Route – warm up Speed on cross country section 5 x 1 min efforts (Pockthorpe road, green lane etc) Final effort Melton Rd hill	Youngmans Lane –long hill repeats	Ed Burton No 3
Intermediate Pace 7.00-7.45 p/mile	Ed Burton Time Trial No2	Pace & Strength Wramplingham Road 5 x 90 sec @ 5k pace with 60 sec recovery, then 10 minutes @ threshold. & repeat. 6+ miles. PM & ST	Mixed Pace Session Park Lane and beyond: 15 minutes@ ½ marathon pace, 5 x 3 minutes at 5k pace with short recovery & 15 minutes@ 10k pace Approx. 7 miles E & PM	Pace Management Fartlek efforts, heading out into country and back to town. Mixed efforts and recovery 6 ½ to 7 mile S/E	Ed Burton No 3
Advance Pace 6.00 – 7.00 p/mile	Ed Burton Time Trial No2	2-3 mile warm-up, 5x 4 minutes fast. smash rep 4 as fast as you can, with 45 seconds rest, 1 x 800 meters as fast as you can, 1-2 mile cool down.	2-3 mile warm-up, 2 miles at 5 mile pace goal race pace + 2 x 1 minute fast 60 sec recovery. Easy 5 min recovery. Repeat with next 2 miles quicker 1-2 mile cool down	2-3 easy followed by 12 x 90 secs + 60 sec recovery. 2-3 easy	Ed Burton No 3

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	Group specifics
Development Group	Training principles for newer runners, Speed and endurance improvement Technique Running distance approx 3-5 miles. Average Pacing usually between 9.00 – 13.00 per mile
Progression Group	Mixed ability group Variety of session styles and locations Running distance approx 4-6 mile Average Pacing between 8.00 – 9.00 per mile
Intermediate Group	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 Average Pacing between 7.00 – 8.00 per mile
Advance Group	Higher intensity longer distance group. Targeted intensity efforts and specific training sets Running distance 6-8 miles