

Advanced Group Training Sessions Sept-Oct

Monday Sessions			
Focus on longer intervals/short recoveries for speed endurance			
Date	Session	Location	Time
3 rd Sept	2-3m easy – 5,4,3,2,1 mins (4-5 min easy and regroup) 5,4,3,2,1 mins, 90 sec recovery, start at 10k pace and aim to get marginally quicker on each shorter effort. 2 miles easy (we need to be out quick, it's getting dark! Time to dig out your Hi-Viz Clothing!)	Rugby Club	6.45pm
10 th Sept	2 miles easy - 6x3mins fast + 90 sec recovery then 6x1min fast + 60 sec recovery – 2 miles easy.	Rugby Club	6.45pm
17 th Sept	2 miles easy followed 5 mile Fartlek session, 1-2 miles easy (those that done RNR can take it easy!)	Rugby Club	6.45pm
24 th Sept	2 miles easy followed by 3 sets of; 4 X Hubbard's Close + 90 sec recovery, 5 mins easy jog between sets. 2 miles easy	Rugby Club	6.45pm
1 st Oct	2-3 Easy followed by 6 x Silfied Loops, 1-2 Easy (New estate with wide paths & Lights!)	Rugby Club	6.45pm
8 th Oct	2 miles easy followed by 3 X (1xMile effort, 2 x Barnham Hill) 2 miles easy	Rugby Club	6.45pm
15 th Oct	2 miles easy followed by 4 x Ayton Road & Browick road. 2 miles easy	Rugby Club	6.45pm
22 nd Oct	3-4 miles progressive warm up followed by 2 miles faster than 5k pace, then 6 x 1min strides. 2 easy (hopefully on new Hetherset/Wymondham Cycle path)	Rugby Club	6.45pm
29 th Oct	2-3 miles easy followed by 4x1 Mile + 2 mins, 2 miles easy	Rugby Club	6.45pm

Wednesdays			
Tempo run to build strength & speed			
Date	Session	Location	Time
29 th Aug	Tempo Session – various sessions from 4-8 miles in distance (8-12 in total)	Waitrose Wymondham	6.15pm
5 th Sept	Tempo Session – various sessions from 4-8 miles in distance (8-12 in total)	Waitrose Wymondham	6.15pm
12 th Sept	Tempo Session – various sessions from 4-8 miles in distance (8-12 in total)	Waitrose Wymondham	6.15pm
19 th Sept	Tempo Session – various sessions from 4-8 miles in distance (8-12 in total)	Waitrose Wymondham	6.15pm
26 th Sept	Norwich Tempo Hill Session Circa 10 Miles	Hughes-Hall Road	6.15pm
3 rd Oct	Tempo Session – various sessions from 4-8 miles in distance (8-12 in total)	Waitrose Wymondham	6.15pm
10 th Oct	Tempo Session – various sessions from 4-8 miles in distance (8-12 in total)	Waitrose Wymondham	6.15pm
17 th Oct	Norwich Tempo Hill Session Circa 10 Miles	Hughes-Hall Road	6.15pm
24 th Oct	Tempo Session – various sessions from 4-8 miles in distance (8-12 in total)	Waitrose Wymondham	6.15pm
31 st Oct	Norwich Tempo Hill Session Circa 10 Miles	Hughes-Hall Road	6.15pm

Thursdays – Police Station Or Club Circuit Training			
Date	Session	Location	Time
All	Thursdays are a mixed group session for all abilities with a variety of interval sessions based around the Police Station led by different coaches. Or Circuit Training for general strength conditioning.	<ul style="list-style-type: none"> • Interval Training- Wymondham Police Station • Circuits – Hetherset Old Hall School 	6.30pm Prompt Start

Saturdays			
Date	Session	Location	Time
All	<ul style="list-style-type: none"> • 14-18 miles easy depending on time of year and peoples plans i.e. marathon training. • Track Sessions/Hills normally sessions taking place at Henderson and additional hill sessions with dates et via WhatsApp group. 	<ul style="list-style-type: none"> • Waitrose or elsewhere by agreement. • Henderson Track/Colney Lane 	8.30am

- Try and do 1-2 harder sessions each week and a tempo where you can depending on age!
- All easy days should be easy, don't be afraid to run slowly, your body needs recovery and this pace also helps to improve your aerobic capacity.
- If anyone needs more support let me know ☺