

August 2018 Monday Sessions

Level	6 th	13 th	20 th	27 th
Development Pace 10.30 +	Tbc	Tbc	tbc	Bank Holiday – No club
Development Pace 9.00- 10.30 p/mile	Wramplingham Lane loop - longer efforts	Country run Fartlek.	Speedwork - Kett's Park	Bank Holiday – No club
Progression Pace 7.45- 8.45 p/mile	Ketteringham lane Hills warm up x 6 spinks In Speedwork sets 1min x 6 30sec recov, Recov 2 min – repeat x 2 Hills finish x 3	Wramplingham Road loop x 3 3 part session	Country route Effort on track, Speedwork challenge	Bank Holiday – No club
Intermediate Pace 7.00- 7.45 p/mile	Hill Technique & Strength. Slopers Lane 5 x 60 seconds 4 x 45 seconds 3 x 30 seconds efforts with recovery in between. 6 ½ miles S/T	Pace & Strength Melton Road 5 x 90 sec @ 5k pace with 60 sec recovery, then 10 minutes @ threshold. & repeat. 6+ miles. PM & ST	Pace Management Fartlek efforts, heading out into country and back to town. Mixed efforts and recovery 6 ½ to 7 mile PM & EP	Bank Holiday – No club
Advance Pace 6.00 – 7.00 p/mile	TbcTempo with increasing pace efforts - Warm up 2 miles followed by; 2 mile increasing pace tempo. Then 5,4,3,2,1 fast with 60 sec jog recovery. 2 miles cool down.	Reducing Recovery + Pace Intervals - Warm up 2 miles followed by; 4x3mins + 90sec recovery, 4x2mins + 60 sec recovery, 4x1min +30 sec recovery	Mile Efforts – warm up 2 miles followed by 4 x 1 Mile faster than 5k pace. 90 sec recovery 2-3 easy cool down	Bank Holiday – No club

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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 – 10.30 per mile New group – when coaching available – 10.30 + 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