

Date	Coach	Session Overview
6 Sept	Terry	15min @5km pace, 7min shuttle run, 800m hard run – timed , 7min shuttle run, 800m hard run – timed, warm down
13	Karl	1 – 2 mile warm up, drill, 2 x 1000m + 2min recover, 2 x 800m + 1 min recover, 2 x 400m + 30 sec recover, 1 – 2mile cool down
20	Mark	1 mile tempo 10k pace, 3 x 1k @5 k pace with 2 mins walk /jog recovery, 4 x 400m @ faster than 5k- 1 min recovery, 2 x 200m @ hard with 45 sec recovery
27	Katie	Warm up, dynamic stretching and drills, 10 min tempo run, 800m efforts at better than 5k pace, 1 min recovery 100m sprint effort with 90 sec recovery to start point – 20mins total, 10 mins warm down and stretch
4 Oct	Andy P	Drill warm up, 9 min run warm up, 30min 1 mile efforts, 1 min recovery between efforts
11	Martin	Warm up, 10min tempo, 400m intervals, cool down
18	Cindy /Mark	10 min warm up @ 10kpace, 4 x 2min with 1min recovery (out 2min), 4 x 90sec with 45 sec recovery, 4 x 1min 30 sec recovery – 3 mins between sets, 2/3 x 800m with 200m recovery – cool down
25	Andrew L	
1 Nov	Terry	10min 5km pace, 800m pace (to be explained) 100m hard – 15mins total, 5min shuttle run, 800m timed run, warm down
8	Ian	Drills , 10min tempo, pace judgement pyramid out and back, cool down
15	Heath/ Terry	
22	Karl	1 – 2 mile warm up, 1 x 400 + 400 jog recovery, 1 x 200 + 200 jog recovery repeat 6 – 8 times depending on ability, 1 -2 mile cool down
29	Tbc	
6 Dec	Mark	3 900m @5k pace with 2min recovery, 3 x 400m @ faster than 4k with 90 sec recovery, 1 mile @ 10k tempo, 4 200m @ hard with 1 min recovery

13	Katie/Dave	Warm up, dynamic stretching and drills, 10mins tempo, 1km efforts at better than 5km pace with 2min jog back recovery for 25 mins 10min warm down and stretch
20	Andy P	Drill warm up, 9 min run warm up, 30min 1km efforts 1 min recovery between efforts