

October 2018 Monday Sessions

| Level | 1 st – New venue Ayton House | 8 th | 15 th | 22 nd | 29 th |
|--|---|-----------------------------|--|---|-----------------------------|
| Development Pace 10.30 + per mile | 15 min jog warm up then Ayton Road Hill efforts TS | Winter time Trial Heat 1 | | | Winter time Trial Heat 2 |
| Improver Pace 9.00- 10.30 p/mile | Chandlers Hill - Hill session (Improvers) + DH/CB | Winter time Trial Heat 1 | 4-5 mile Autumn route with short efforts | Pyramid Session 1-2-3-3-2-1 with recovery | Winter time Trial Heat 2 |
| Progression Pace 7.45- 8.45 p/mile | Hills loop Friars croft lane x 2 Ayton/Browick road x 2/3 KR | Winter time Trial Heat 1 | Hills Right up lane loop work plus Ayton/Browick road to bridge CaB | Repeaters – 3,2,1 speed efforts location tbc KR/AL | Winter time Trial Heat 2 |
| Intermediate Pace 7.00- 7.45 p/mile | Hill Technique & Strength. Poynt Close & Barnham Broom Road. Mixed pace efforts. 6 ½ miles PM & ST | Winter time Trial Heat 1 | Endurance & Strength Park Lane/Silfield Road loop (5 minute effort & short recovery & 3 minute fast effort & repeat) 6 ½ miles PM & ST | Speed Endurance. Lactate Threshold training. Ethel Gooch Road loop. 1/2/3 minute hard effort with a 1 minute rolling recovery. 6 ½ miles S/T | Winter time Trial Heat 2 |
| Advance Pace 6.00 – 7.00 p/mile | 1-2 easy silfield loop x 6 (new estate wide paths and lights) 2 easy | Winter time Trial Heat 1 | 2 easy 4 x ayton road and browick road 2 easy | 3 – 4 mile progressive warm up, 2 miles faster than 5k, 6 x 1 min strides 2 miles easy | Winter time Trial Heat 2 |

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| | Group specifics |
|---------------------------|---|
| Development Group | A slower paced group for runners – Following Training principles including Speed and endurance improvement. Ideal introduction for those newer to running |
| Improvers group | Training principles, Technique focus, speed and endurance improvement Running distance approx 3-5 miles. Average Pacing usually between 9.00 – 10.30 per mile |
| Progression Group | Mixed ability group. Training is focused on speed improvement, hill training principles and endurance 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 |

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| | Running distance 6-8 miles |
| Recovery Run | |