

# November 2018 Monday Sessions

Level	****KETTS PARK **** 5 <sup>th</sup>	****KETTS PARK**** 12 <sup>th</sup>	19 <sup>th</sup>	26 <sup>th</sup>
<b>Development</b> Pace 10.30 +	4 miles Fartlek	Police Station – 3-4 x 800m with jog recovery	As Improver Group	Winter time trial heat 3
<b>Improver</b> Pace 9.00-10.30 p/mile	5 miles Fartlek	Ayton Road Hill session	Longer efforts -Ashleigh Gardens (via Estelle Way)	Winter time trial heat 3
<b>Progression</b> Pace 7.45-8.45 p/mile	Speedwork efforts rustens Manor loop plus race pace Fast finish to club KR/IS	Hills/speed - Hubbards close & barnham broom road	Park Lane loops /new estate loop. Tbc.	Winter time trial heat 3
<b>Intermediate</b> Pace 7.00-7.45 p/mile	<b>Hills Technique</b> x 3 types. Right Up Lane, Park Lane & Ayton Road.  7 miles. <b>E &amp; T</b>	<b>Speed Endurance</b> St. Leonards Road & Ethel Gooch Road loop (1-mile effort, short rest & 500m effort) 6 ½ miles <b>S &amp; T &amp; PM</b>	<b>Endurance &amp; Pace Management,</b> Ayton Road/ Browick Road 6 ½ miles (approx.) <b>E/P</b>	Winter time trial heat 3
<b>Advance</b> Pace 6.00 – 7.00 p/mile	2-3 warm up  5 x 1km increasing pace intervals  1-2 cool down	2 – 3 warm up 4 x 1mile intervals at 5km pace 5-10 sec 1-2 easy	2-3 warm up  4,3,2,1 mins at 10k pace +60 sec 6mins @ 1-0k pace Repeat 4,3,2,1 1-2 easy	Winter time trial heat 3

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	<b>Group specifics</b>
<b>Development Group / Improvers group</b>	<p>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</p>
<b>Progression Group</b>	<p>Mixed ability group</p> <p>Variety of session styles and locations Running distance approx 4-6 mile Average Pacing between 8.00 – 9.00 per mile</p>
<b>Intermediate Group</b>	<p>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</p>
<b>Advance Group</b>	<p>Higher intensity longer distance group. Targeted intensity efforts and specific training sets Running distance 6-8 miles</p>
<b>Recovery Run</b>	