

## DECEMBER 2018 Monday Sessions

Level	3 <sup>RD</sup>	10 <sup>TH</sup>	17 <sup>TH</sup>	24 <sup>th</sup>	31 <sup>st</sup>
<b>Development</b> Pace 10.30 +	Round town 4 miles Fartlek	TIME TRIAL FINAL	Christmas lights run Interval session at Police station	No club	No club -
<b>Improver</b> Pace 9.00- 10.30 p/mile	Round town 5 miles Fartlek	TIME TRIAL FINAL	Christmas lights run Interval session at Police station	No club	No club
<b>Progression</b> Pace 7.45- 8.45 p/mile	Mixed session– prep for time trial final. Route includes speedwork efforts and hills	TIME TRIAL FINAL	Christmas lights run – Including park lane, town and return via folly road	No club	No club
<b>Intermediate</b> Pace 7.00- 7.45 p/mile	Tbc	TIME TRIAL FINAL	Christmas Lights run plus	No club	No club
<b>Advance</b> Pace 6.00 – 7.00 p/mile	2 mile easy  3 sets 4 x hubbards close + 90 sec, 5 mins easy jog between sets , 2 miles easy	TIME TRIAL FINAL	2 – 3 mile warm up 8 x 800m (4@5k, 4 x increasing pace) 1 – 2 cool down	No club	No club

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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>	