

January 2019 Monday Sessions

Level	7 th	14 th	21 st	28 th
Development Pace 10.30 +	4 miles inc 10 x 30 secs hard with 1 min recovery Tracey	Ayton road hill session see session plan Tracey	4-5 miles to include 2 sets of 3 x 3 mins with 90 secs recovery Tracey	4 miles recovery run with 6 x 30 secs strides Tracey
Improver Pace 9.00-10.30 p/mile	5 miles inc 12 x 1 min with 1 min recovery Cindy	right up lane hill session. 4 sets of 3 efforts with 2 mins between each set - then return via ayton road hill. (see session plan) Terry	5 miles to include 2 sets of 3 x 4 min efforts at 10km pace with 1 min jog recovery and 2 mins between sets Katie	5 miles recovery run with 10 x 30 secs strides Cindy
Progression Pace 7.45-8.45 p/mile	Round Town – Fartlek session Zoe/Heath	Hill loops Ayton Road onto browick road Kim	Hills – short/ long efforts Cassie	Police station timed efforts Heath
Intermediate Pace 7.00-7.45 p/mile	Speed Endurance St. Leonards Road & Ethel Gooch Road loop (1-mile effort, short rest & 500m effort) 6 ½ miles	Pace Management Right up Lane, Continuous progressive hill efforts. (½ marathon to 1-mile pace) 6 ½ miles	Speed & Strength Rothbury/Folly Road loop Lactate Threshold training. 1/2/3-minute hard effort with a 1-minute rolling recovery. 6 ½ miles	Speed Endurance and Pace Management Pyramid Run 2/3/4/5-minute efforts with reducing recovery times. 60 sec/50 sec/ 40 sec/30 sec, and then reverse. Approx. 7 miles
Advance Pace 6.00 – 7.00 p/mile	Easy 2-3 warm up followed 3-4, 1.5 miles progressing pace + 2 mins. 1-2 easy cool down Time trial loop	Easy 2-3 miles followed by 6-10 x 1k 10k/10mile pace depending on target races. Easy 1-2 Station	2-3m easy -4,3,2,1 mins starting at 10k pace + 60 seconds recovery. Then 6 Mins @ 10k pace then repeat 4,3,2,1. 1-2 easy cool down	Easy 2-3 miles. 4-5 x 800 fast, 400 steady, 400 fast + 90 secs. Easy 1-2 cool down Police Station

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	Group specifics
Development Group / Improvers group	<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>
Progression Group	<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>
Intermediate Group	<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>
Advance Group	<p>Higher intensity longer distance group. Targeted intensity efforts and specific training sets Running distance 6-8 miles</p>
Recovery Run	