

Thursday Police Station Coaching - Winter/Spring 2019

Date	Coach	Session Overview
10 th	Karl	8-10mins Tempo, 200 fast, 400 steady 200 fast x 6-8
17 th	Andy	Pyramid session 1km, 800m, 600, 400, 200 5 min easy then repeat
24 th	Mark	10 mins. tempo @ 10k , 2 x 800m @ 5k with walking recovery , 1 mile @ half marathon , 2 x 800m @ 5k with walking recovery (will adjust for different abilities
31 st	Cindy/	warm up, drills, 10 minutes tempo run, 800m at better than 5k pace, recover to start 100m sprint recover to start, repeat for 25 minutes, warm down.
7 th Feb	Katie	Temp 8 – 10mins, 10-12 x 300m pick ups
14 th	Terry	
21 st	Karl	Strava Segment – Use 1 lap Strava segment – How far up the leader board can you go – Repeat 4-6 times
28 th	Martin	Pyramid with a twist 400,800 & 1000mtrs
7 th March	Andy	3 x 10mins changing pace between 10k, 5k pace at random intervals
14 th	Mark	3 - 4 x 1 mile progression efforts with 2 mins. recovery
21 st	Andrew L	Drills to warm up; then 10 minutes tempo; then out and back intervals based on time not distance. 4 minutes out, then 4 minutes back; then 3; then 2 , then 1, ie 20 minutes of hard running in total, with decreasing length recoveries between the intervals.
28 th	Ian	2 lap warm-up, 1 lap 5k pace, 5min drills, 3-4 laps of 2x 300m efforts 5mins 5k pace
4 th April	Terry	
11 th	Karl	8-10min tempo, 10 x 150 fast with jog back recovery – focus on speed and technique
18 th	Andy	200m fast, 200 easy x 12- 14
25 th	Mark	10 mins. tempo @ 10k , 600m @ 5k/ Hard efforts with 300m slow jog recovery for 20 mins.