

## February 2019 Monday Sessions

Level	4 <sup>th</sup>	11 <sup>th</sup>	18 <sup>th</sup>	25 <sup>th</sup>
<b>Development</b> Pace 10.30 +	4-5 miles pyramid 1,2,3,3,2,1 with 1 min recovery Tracey	Speed work – Ayton Road	Hills session Chandlers Hill 3 sets of 3 efforts with 2 mins recover – Varied effort length	4 miles including 10 x 1min with 1 min recovery
<b>Improver</b> Pace 9.00- 10.30 p/mile	Pyramid 2,4,6,6,4,2 With 1 min recovery 2 mins between sets Cindy	Police station - 10 min warm up plus drills 800m efforts @5k pace 2 mins then 5 min shuttle runs 2 min recovery Repeat - Terry	Speedwork Hubbards Close  Katie	Right up lane Hills – Kenyan session 3 sets of 5 efforts with 2 mins between each Return via Ayton Road  Cindy
<b>Progression</b> Pace 7.45- 8.45 p/mile	Speedwork – 3 locations St Leonards loop, Rustens Manor loop, Vicar Street loop Kim	Hills session – Right Up lane, Park Lane, Ayton road Cassie / zoe	Round Town – Fartlek Session  Kim	Folly road, rothbury road loop – Endurance work  Heath / Zoe
<b>Intermediate</b> Pace 7.00- 7.45 p/mile	<b>Hills x 3 types</b> Right Up Lane, Park Lane & Ayton Road <b>6 ½ miles</b>	<b>Speed Endurance/Pace Management</b> Barnham Broom Road/Hubbard’s Close loop. Steady mile & fast 500m efforts. <b>6 ½ miles</b>	<b>Speed &amp; Strength</b> Rothbury/Folly Road loop Lactate Threshold training. 1/2/3-minute hard effort with a 1-minute rolling recovery. <b>6 ½ miles</b>	<b>Speed Endurance and Pace Management</b> Interval run around town. <b>7 miles</b>
<b>Advance</b> Pace 6.00 – 7.00 p/mile	Easy 2-3  6 mile hilly fartlek session 1-2 easy	Easy 2-3, 2 miles @10k pace, 1 mile @ 5k pace + 3-4 hubbards close	2 – 3 easy , 8 x 300m + 45 sec @10k pace, 1-2 easy	2 – 3 easy Strava segment session 1-2 easy

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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>	