

April 2019 Monday Sessions

Level	1 st	8 th	15 th	22 nd	29 th
Development Pace 10.30 + Coach – Tracey S	Join with Improver group	3-4 miles easy recovery run	Pyramid Session 1-2-3-3-2-1	Easter Monday – No club	Hills – Right up lane
Improver Pace 9.00-10.30 p/mile	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	4-5 miles easy recovery run (Post CoNAC ½ Marathon)	Spinks Lane Hills – Hill running technique	Easter Monday – No club	Speedwork Rightup Lane (Past Lizard track)
Progression Pace 7.45-8.45 p/mile	Park Lane – Longer efforts Heath/Zoe	Speedwork - route to be confirmed Cassie	Bradmans Lane – longer efforts, plus some hills Ian	Easter Monday – No club	Endurance efforts Right up lane and beyond Zoe
Intermediate Pace 7.00-7.45 p/mile	Speed Endurance/Pace Management Right up Lane and Park Lane loops 700m steady/400m fast. 6 ½ miles SE/PM Kevin	Hill Technique & Strength. Johnsons Farm Hill (Light permitting). 5 x 60 seconds 4 x 45 seconds 3 x 30 seconds efforts with recovery in between. 6 ½ miles S/T – Mark	Pace Management & Speed Endurance. Ketteringham Road. 2 minutes hard, 1 minute rolling recovery. 6 miles. S/T Kevin	Easter Monday – No club	Pace Management Fartlek efforts, heading out into country and back to town. Mixed efforts and recovery 6 ½ to 7 mile S/E Mark
Advance Pace 6.00 – 7.00 p/mile	Goodbye Hubbards Close! Easy 2 warm up then relay session. Easy 2 cool down	Police station;1-2 Easy miles warm up followed by; 8 min progressive pace run. 8x300m @5 k pace 150m rolling recovery then 50m fast, 300 easy recovery. 1-2 cool down	Ketts Park. Easy 2 with drills then 20mins grass session speedwork. Easy 2miles	Easter Monday – No club	Easy 2-3 followed by Lady Lane 12 x fast up Lady lane and easy jog back. Easy 2 miles

TARGETED TRAINING SESSION – 20TH APRIL 9.30AM

HENDERSON TRACK, NORWICH

TARGET RACE TRAINING – KARL CHAPMAN

	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	

