

## March 2019 Monday Sessions

Level	4th	11 <sup>th</sup>	18 <sup>th</sup>	25th
<b>Development</b> <b>Pace 10.30 +</b>	4 miles to include 10 x 1 min with 1 min recovery  Tracey	police station– 10 min warm up then 800m effort @5km pace 2 min recovery then 2 sets of 3 min shuttle run - 2 min recovery –800m effort- see session plan  Tracey	4 miles inc 10 x 30 secs hard with 1 min recovery  Tracey	tbc
<b>Improver</b> <b>Pace 9.00-10.30 p/mile</b>	5 miles to include 10 x 90 secs with 45 secs recovery  Katie	4 x 1km efforts based on Ethel Gooch road/Melton road/Tuttles lane and Hewitts lane (see session plan) Coach TBC	St leonards close loop - speed endurance session  Dave	tbc
<b>Progression</b> <b>Pace 7.45-8.45 p/mile</b>	Fartlek – Round town Including 10'sec efforts plus longer efforts Kim	Speedwork set – including St Leonards Close 10 x 2 minutes hard with 1-minute recovery in-between Cassie /zoe	Hills Ayton road, Browick road efforts Kim	Speedwork – Fartlek run through town.  Zoe/Heath
<b>Intermediate</b> <b>Pace 7.00-7.45 p/mile</b>	<b>Endurance, Pace Management, (Including Hill technique.)</b> Ayton Road/ Browick Road. Kevin <b>6 ½ miles (approx.)</b> <b>E/PM</b>	<b>Speed Endurance/Pace Management</b> Right up Lane and Park Lane loops 700m steady/400m fast. Kevin <b>6 ½ miles</b> <b>SE/PM</b>	<b>Speed &amp; Strength</b> Warm up then, Police Station loop, 1 minute easy/ 2 minutes hard :- 1 minute easy 3 minutes hard & repeat, then cool down – Mark <b>6/6 ½ miles</b> <b>Speed &amp; Strength</b>	<b>Hill Session.</b> Right up Lane:- Continuous effort Park Lane:- Progression Ayton Road:- Acceleration Mark <b>6 ½ /7 miles</b> <b>Tech &amp; Strength</b>
<b>Advance</b> <b>Pace 6.00 – 7.00 p/mile</b>			1-2 Easy miles warm up followed by; 3-4 x1 Mile with 90secs recovery then 6x1min +60 secs recovery.  1-2 easy (Route will be TT loop)	1-2 Easy miles warm up followed by; 10min tempo followed by 10x Leonard's close. 1-2 easy. (Leonards close)

	<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  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>

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<b>Recovery Run</b>	
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