

June 2019 Monday Sessions

Level	3 rd	10 th	17 th	24 th
Development Pace 10.30 + Coach – Tracey S	Ed Burton Time Trial	4 miles inc pyramid 3-2-1-2-3 with short recovery Tracey	4 miles fartlek Tracey	Combined with Improver Group
Improver Pace 9.00-10.30 p/mile	Ed Burton Time Trial	SPINKS LANE - KENYAN HILLS Dave	5 miles fartlek Dave	Ketts Park Speedwork Dave
Progression Pace 7.45-8.45 p/mile	Ed Burton Time Trial	Beyond Bermunda Incline efforts Kim/ tbc	Spinks Lane – short hill repeats, then onto Ketteringham Lane short pyramid Cassie/ Heath	Norwich Road, Dirt track to Melton Road Speedwork –shorter efforts Ian / Andrew L
Intermediate Pace 7.00-7.45 p/mile	Ed Burton Time Trial	Mixed Pace Session Park Lane and beyond: 15 minutes@ ½ marathon pace, 5 x 3 minutes at 5k pace with short recovery & 15 minutes@ 10k pace Approx. 7 miles E & PM	Hill Session. Continuous Hills x 45 minutes approx. Slopers Lane Approx. 6.5/7 miles S & T	Speed Endurance Session . Dykebeck heading towards Morley. 1-2-3 minute efforts with 1 minute recovery between. Approx 7 miles
Advance Pace 6.00 – 7.00 p/mile	Ed Burton Time Trial	5/6 mile fartlek session	Easy 2, 8 min tempo, 5 x 2min fast + 90 sec fast, 8 x 1min + 60 sec fast easy 2-3 Bermunda Triangle	Easy 2-3, 10 x Slopers road/hills endurance 2-3 easy

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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	<p>Those who have raced previous days. Routes / distance options can be given.</p>