

August 2019 Monday Sessions

Level	5 th	12 th	19 th	26 th
Development Pace 10.30 + Coach – Tracey S	Ketts Park Speedwork with Improver group Dave H	10min warm Up then 6 x 2min effort with 2 min jog recovery Tracey	Combine with Improvers group Deep Lane Hill session Dave	Bank Holiday No Club
Improver Pace 9.00-10.30 p/mile	Ketts Park Speedwork Dave H	Speed Endurance session 10 min warm up then 6 x 4 min hard with 90 sec recovery Cindy/Katie	Deep Lane Hill Session Dave	Bank Holiday No Club
Progression Pace 7.45-8.45 p/mile	Speedwork – Whistle efforts 5 x 1 min recov 1 min 5 x 2 min recov 1.30 min 5 x 1 min recov 1 min Park Lane onwards Kim	Hills Deep lane onto Youngmans (repeats on Youngmans) Return via melton Road Cassie / Heath	Endurance efforts – loop running Venue tbc Kim /	Bank Holiday No Club
Intermediate Pace 7.00-7.45 p/mile	Pyramid session 1,2,3,4,4,3,2,1 Mark	Country Fartlek Variable distance and speed Mark	TBC	Bank Holiday No Club
Advance Pace 6.00 – 7.00 p/mile	Kettringham Lane: 2 miles easy warm up followed by 5 mins :10k pace then; 1st set: 3x3 mins 2 mins recovery, 2nd set 3x3 mins, pick up pace with 90 secs to go; 2 mins recovery. 3rd set 3x3 mins pick up pace with 60 secs to go 2 mins recovery. Easy 3 mins and regroup between each set. 1-2 easy cool down.	High Oak: 2 miles easy followed by 5x2 mins + 90 secs, 8 Mins Tempo, 5x2mins + 90seconds. 1-2 miles	Bermuda Triangle: 2 miles easy followed by 5 mile fartlek session. 2 miles easy	Bank Holiday No Club

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	Group specifics
Development Group / Improvers group	<p>Training principles for newer runners, Speed and endurance improvement</p> <p>Technique</p> <p>Running distance approx 3-5 miles.</p> <p>Average Pacing usually between 9.00 – 10.30 per mile</p> <p>New group – when coaching available – 10.30 + per mile</p>
Progression Group	<p>Mixed ability group</p> <p>Variety of session styles and locations</p> <p>Running distance approx 4-6 mile</p> <p>Average Pacing between 8.00 – 9.00 per mile</p>
Intermediate Group	<p>Faster paced mixed ability group.</p> <p>Variety of session styles and locations.</p> <p>Running distance 6+ miles</p> <p>P/M – pace Management</p> <p>E/P – Endurance and Pace Management</p> <p>S/T – Strength and Technique</p> <p>S/E – Speed and Endurance</p> <p>T – Technique</p> <p>Average Pacing between 7.00 – 8.00 per mile</p>
Advance Group	<p>Higher intensity longer distance group.</p> <p>Targeted intensity efforts and specific training sets</p> <p>Running distance 6-8 miles</p>

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Recovery Run	Those who have raced previous days. Routes / distance options can be given.
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