

September 2019 Monday Sessions

Level	2 nd	9 th	16 TH	23 RD	30 TH
Development Pace 10.30 + Coach – Tracey S	Ketts Park – Speedwork Link up with Improver Group	Police Station 800m efforts with 100m jog recovery for 20 mins Tracy	4-5 miles to include Pyramid 1-2-3 -3-2-1 1 min jog recovery between efforts – Tracy	4 miles Fartlek Tracy	4 miles to include 10 x 1 min with 1 min recovery
Improver Pace 9.00-10.30 p/mile	Ketts Park Speedwork session Terry	5 miles to include 5 x 5 mins hard with 3 min jog recovery Cindy/Katie	15 min jog warm up then 2 x 8 min efforts at ½ marathon pace with 5 min jog recovery Cindy/Katie	Police Station 800m efforts with 100m Jog recovery then 200m hard 3 min jog back recovery for 20 mins Dave/Cindy	Hubbards Close session Dave
Progression Pace 7.45-8.45 p/mile	10 x 2 min efforts Hubbards Close 30 – 60 sec recovery Heath /kim	Hills – Right up lane loop plus effort to Lizard bridge Kim	Park Lane – Hills + Zoe/ Kim	Progression run – slow, medium, hard) on demand efforts, Including Hills Heath / Katie	Queensway Loop – Hills running Kim/Ian
Intermediate Pace 7.00-7.45 p/mile	Country Run Including Hills Mark	Mixed pace session round town. 15mins @ ½ marathon 5 x 2min @5k, 15mins @ 10k Kevin	Ethel Gooch 3x 1 mile 2 x 600m Mark	Hills Tech & strength Poynt close & BB Road Mixed pace efforts 6.5 mile Kevin	Endurance & strength Park Lane/ Silfield loop 5 min effort short recov. & 3min fast – repeat Kevin
Advance Pace 6.00 – 7.00 p/mile	2mile Warm up. Hethersett recie with 8 x 3min + 90 sec 2mile cool down	2 mile warm up 4 x 1mile + 2min rec (TT loop) 2 mile cool down	2 mile warm up 5 mile Fartlek session 2 mile cool down	2 mile warm up Hubbards close 2 sets of 1 x 2lap@ 10k + 90sec, 3 x 1 lap fast + 60 sec 2 mile cool down	2 mile warm up 3 x 1k @5k + 2min 4 x 800m fast + 75 sec 2 mile cool down

September 2019 Monday Sessions

	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 Development group - 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>