

## February 2020 Monday Sessions

Level	3 <sup>rd</sup> Feb	10 <sup>th</sup> feb	17 <sup>th</sup> feb	24 <sup>th</sup> feb
<b>Development</b> Pace 10.30 +	Warm up then three sets of 2 mins hard 1 min jog recovery 4 mins hard with 2 min jog recovery with three mins jog recovery between sets  <b>Tracey/Jo</b>	4-5 miles to include 2 sets of 5 x 2 mins with 90 secs jog recovery  <b>Tracey/Jo</b>	Hill Session around town max 8 hill efforts en route  <b>Tracey/Jo</b>	5 miles easy run with short efforts  <b>Tracey/Jo</b>
<b>Improver</b> Pace 9.00-10.30 p/mile	Tour of Wymondham Hills  <b>Dave</b>	St Leonards Close session - Cindy to plan as Dave not available  <b>Cindy</b>	Police Station - 10 min warm up and Drills - 5 x 1km efforts with 2 min recovery between efforts <b>Richard/Dave</b>	Norwich Road Cycle Path - 2 sets of 5 x 2 mins fast with 90 secs recovery. 3 min jog recovery between sets.  <b>Dave/Tony</b>
<b>Progression</b> Pace 7.45-8.45 p/mile	<b>Round town</b> Speedwork loop efforts in various locations <b>Kim</b>	<b>Endurance</b> – longer efforts Park Lane  <b>Ian</b>	<b>Mixed Bag of Hills</b>  <b>Kim</b>	<b>Endurance</b> – Route to be confirmed  <b>Zoe</b>
<b>Intermediate</b> Pace 7.00-7.45 p/mile	<b>Technique Session.</b> Winter Time trial route. 2-minute tempo 1 min recovery + 3 minute tempo 1 minute recovery. 6 ½ miles  <b>T &amp; PM</b> <b>Kevin/Andrew</b>	<b>Speed Endurance</b> Cycle path to Hethersett. 1 & 2-minute fast effort with a 90 second jog recovery between. Approx. 6 ½ miles (including warm up) <b>S &amp; T</b> <b>Kevin/Andrew</b>	<b>Hills:-</b> Poynt Close & Barnham Broom Road. 6 ½ miles <b>E/P</b> <b>Kevin &amp; Andrew</b>	<b>Endurance, Pace Management, (Including Hill technique.)</b> Ayton Road/ Browick Road. 6 ½ miles (approx.) <b>E/P</b> <b>Kevin &amp; Andrew</b>
<b>Advance</b> Pace 6.00 – 7.00 p/mile	6 x 800m with 90 sec. recovery. 4 x 200m with 30 sec. recovery. Police station.	6 x 3 mins with 1 min. recovery. 6 x 1 min with 1 min. recovery . Hethersett cycle path.	5 x 5 mins. Out and back efforts . 90 sec. regroup jog recovery. Ethel Gooch	3 sets of Time trial. jog recovery. Poynt Close hills. 1 min. recovery
	<b>Group specifics</b>			

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<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            Development group - 10.30 + per mile            10k race pacing 55min +</p>
<b>Progression Group</b>	<p>Mixed ability group             Variety of session styles and locations            Running distance approx 5-6 mile            Average Pacing between 8.00 – 9.00 per mile            10k Race pacing 48-55min</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            10k Race Pacing 43 – 48min</p>
<b>Advance Group</b>	<p>Higher intensity longer distance group.            Targeted intensity efforts and specific training sets            Running distance 6-8 miles Average pacing – 5.30 +            10k Race pacing 35-44 min</p>
<b>Recovery Run</b>	<p>Those who have raced previous days. Routes / distance options can be given.</p>