

Week Commencing 4th January 2021 - All groups

**In accordance with the new Tier 4 regulations -
Please run solo or socially distanced with one other runner**

Group	SESSION 1	SESSION 2
Development	10 min easy jog warm up and dynamic exercises. 5 miles starting easy but injecting variable paced efforts as the run goes on. 10 min warm down and static stretching.	Session 2: 10 min warm up then 20 min Tempo run at 10km pace. 15 min jog warm down. Static stretching.
Improvers	10 min easy jog warm up and dynamic exercises. 5-6 miles starting easy but injecting variable paced efforts as the run goes on. 10 min warm down and static stretching.	Start as for session one but instead of distance, after your 10 min warm up run for 40 mins steady and include some short efforts of no more than 90 secs whilst running. Use the last 10 mins for warm down. See how far you ran. I will include this session in about six weeks time so you can compare distances.
Progression	10-15mins warming up, Hills – fast ups and downs. Use somewhere like chandlers hill in Wymondham (off friars croft lane) 5 x up at speed, pause at top for 30 seconds	10min warm up – start slow work up to tempo by increasing pace every 2 mins Time efforts – 3 mins x 5, work at strong tempo pace, recover for 1 min go again, recover 2 mins then repeat – try to make your pace faster in the second set 10mins apx cooling down
Intermediates	Strength Session 10 minute warm up at an easy pace. Then 10 minutes at steady pace (6 to 6 ½ out of 10), then increase pace to threshold (7 to 7 ½ out of 10) for 4 minutes, then 1 minute at recovery, repeat, but the 5 minutes at threshold pace this time. 1 minute at recovery pace, followed by 5 minutes at steady pace, and 2 minutes at threshold pace to finish. Approx. 10 minutes cool down and stretches please	Hill Session. (Use any suitable hill please). 10 minute warm up at an easy pace. then at a strong pace, (7-7 ½ out of 10) 5 x 60 seconds, 4 x 45 seconds, 3 x 30 seconds running up the hill. Use the run back down the hill as your recovery. Once complete, 10 minutes at a recovery pace and stretches please.
Advance	2 miles warm up , Pyramid set 1,2,3,4,5,4,3,2,1.(1,2,3 @ 5k pace with 1 min recovery . 4,5 @ 10k pace with 90 sec. recovery) Cool down and stretches.	Warm up 2 miles , 5 miles @ Tempo , Cool down.

Week Commencing – 11th January 2021

Group	Session 1	Session 2
Development	10 min warm up and dynamic exercises. 4 sets of 2 min hard 1 min jog recovery, 4 min hard 2 min jog recovery. Try and use an out and back route such as the Cycle path on Norwich Road. Do 2 sets out and two sets back. warm down and static exercises.	Start as for session one. After your 10 min warm up run for 40 mins steady and include some short efforts of no more than 90 secs whilst running. Use the last 10 mins for warm down. try and measure how far you ran. I will include this session in about six weeks time so you can compare distances.
Improvers	10 min warm up and dynamic exercises. 4 sets of 2 min hard 1 min jog recovery, 4 min hard 2 min jog recovery. Try and use an out and back route such as the Cycle path on Norwich Road. Do 2 sets out and two sets back. warm down and static exercises.	10 min warm up then 20 min Tempo run at 10km pace. 15 min jog warm down. Static stretching.
Progression	10 mins warm up, then 10mins increasing pace every 2 mins, return to warm up pace for 2 mins apx, now 3 min efforts and 3 mins easy for 4 sets) Cool down as you wish finish with some stretches.	Warm up for apx 1 mile – now tempo for 25mins, 5 x 30sec hard with 1- 1.30 recovery Cool down apx 1 mile
Intermediates	10 minutes warm up at easy pace, then 15 minutes at your half marathon pace, then 5 x 90 seconds at 5k pace with a 60 second recovery between each, then 15 minutes at your 10k pace, followed by a 10 minute cool down and static stretches	10-minute warm up, then using a suitable hill, 30 minutes of continuous running. Vary your pace and the distance travelled up the hill to how you feel, recover down the hill. You must work for a minimum 30 minutes on the hill. 10 minute cool down and static stretches.
Advance	2 miles warm up , 10 mins. Tempo @ 10 miles pace (Slightly faster than your half marathon pace) Alternating 400m for 25 mins. (400m hard / 400m easy) Cool down and stretches.	Warm up 2 miles , 5 miles @ Tempo , Cool down.

Week commencing 18th January 2021

Group	Session 1	Session 2
Development	10 min warm up and dynamic stretching. 40 mins fartlek, and 10 mins warm down and static stretching	10 min warm up and dynamic exercises. 4 sets of 2 min hard 1 min jog recovery, 4 min hard 2 min jog recovery. Try and use an out and back route such as the Cycle path on Norwich Road. Do 2 sets out and two sets back. Warm down and static exercises
Improvers	10 min warm up and dynamic exercises. Hill pyramid consisting of 4 sets of: 20 secs - 40 secs and 1 min hill efforts with jog back to start point as recovery between each effort. 2 min standing recovery between each set and 4 sets. 10 min warm down and static stretching.	10min warm up and dynamic stretching. 40 mins fartlek, and 10 mins warm down and static stretching.
Progression	10mins warm up, Damgate Dash - from the bridge over the Tiffey on Damgate – effort to the war memorial. (increase pace as you get to the top of Damgate and run along to the war memorial. Jog back to the bridge and repeat 2 x more. Finish with nice recovery run of at least 10-15mins	5 – 6 miles include 10 x 1 mins hard efforts when you are fully warmed up and where you wish to do them flat or incline your decision.
Intermediates	10mins warming up, Fartlek running round the town, various distances, really strong efforts please	6 + miles include 10 x 1 mins hard efforts when you are fully warmed up and where you wish to do them flat or incline your decision.
Advance	2 miles warm up, 5 x 1k @ 10k pace with 2 mins walking recovery . Then 5 - 10 mins steady to a hill. 6 x 1min. Uphill Reps with jog back down recovery. Cool down and stretches.	Warm up 2 miles , 5 miles @ Tempo , Cool down.

Week Commencing 25th January 2021

Group	Session 1	Session 2
Development	10 Min warm up and dynamic stretching. Pyramid session as follows: 1 min hard 1 min recovery 2 min hard 1 min recovery 3 min hard 90 secs recovery 4 min hard 2 min recovery then 3 min 2 min and 1 min down the pyramid using the recovery above. 10 min warm down and static stretching	Same as session 1 10 min warm up then 5 miles @ 10km pace then 10 min warm down and static stretching
Improvers	10 Min warm up and dynamic Stretching. 4 mins hard, 1 min recovery then 6 x 30 secs bursts with 30 secs recovery between bursts 2 min jog recovery. This is 1 set. do 2 more sets to complete the session and 10 min warm down and dynamic stretching.	10 min warm up then 5 miles @ 10km pace then 10 min warm down and static stretching
Progression	10min warm up, 1km efforts (each km should be between 4-5min) x 4, jog recovery between each of apx 2 mins, recover for 3 mins and then 1km efforts faster than the first set x 2, recover 2mins between each, finish with some strides, high knees and heel flicks then cool down and stretching	Warm up 10mins apx, Tempo running for 30mins, 6-8 x 30sec hard with 1- 1.30 recovery Cool down apx 1 mile
Intermediates	10min warm up, 1km efforts x 6, jog recovery between each of apx 2 mins, recover for 3 mins after you've completed the full set and then 1km efforts faster than the first set x 2, recover 2mins between each, end with some strides and then cool down and stretching	Warm up 10mins apx, Tempo running for 30mins, 8 x 30sec hard with 1- 1.30 recovery Cool down apx 1 mile
Advance	2 miles warm up and strides , Fartlek 5-3-1 (2 sets) 5 mins@ H.M. pace with 2 mins. 30 sec. jog recovery. 3 mins.@ 10k pace with 90 sec. jog recovery. 1 min@ 5k pace with 2 mins. jog recovery . 3 x 30 sec.@ 400m pace with 1 min standing recovery . Then slow jog for 5 mins and repeat 1st set. Cool down and stretches.	Warm up 2 miles , 5 miles @ Tempo , Cool down