

Week Commencing February 1st 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 warm up and dynamic exercises then 4-5 miles fartlek. Remember to vary the effort and recovery time and include a couple of efforts in excess of 3 mins. Longest recovery to be 2 mins. 10 min warm down and Static stretches	10 min warm up and dynamic exercises. Kenyan Hills - 3 sets of 3 x 1 min up and 1 min down at the same pace. Remember to maintain the same pace up and down with the aim of hitting your start point at the one minute mark on the down hill leg. 10 min warm down and static stretching
Improvers	10 min warm up and dynamic exercises. 10 mins at a steady pace (6 out of 10 effort) then increase pace to Threshold (7-8 out of 10) for 5 mins then ease back for 2 mins easy paced running. Repeat steady and threshold efforts then 2 mins jog recovery followed by 2 mins at Threshold and 10 min warm down. Static Stretches.	10 min warm up and dynamic exercises. 3 sets of the following: 10 mins @5km pace 2 min recovery then 6 x 30 secs hard efforts with 30 secs recovery. 10 min warm down and static stretches
Progression	Hills, Ayton and Browick road loop back to traffic lights. Beginning at the base of Ayton/Station road. Work the hill all the way to the flyover on Browick Road. Recover back to Ayton road via the traffic lights. Aim to complete at least 3 Include a good 10- 15 min warm up and 10 min cool down.	10mins warm up 5mins paced running ie: 8.30 per mile, 5mins slower pace (add 30seconds on), repeat x3 (30 mins of running) Pick up pace for 5 mins, 1min starting 8.45, 1min at 8.30, 1min at 8.15, 1min at 8.00, final minute 7.45 Jog or walk for 2 mins, end with a cool down of apx 5 mins
Intermediates	Strength Session. Warm up approx. 10 minutes. Then all at tempo pace, (7 to 7 ½ /10) 5 x 2-minute efforts with 1-minute recovery between each. 3 x 3-minute efforts with a 1-minute recovery between each. 2 x 4-minute efforts with a 1-minute recovery between each.	Pace Session 10 minutes warm up at an easy pace, then run for 10 minutes @ 10k pace, (effort level of 6 to 7 /10) then increase tempo to 5k pace (7 to 7 ½ /10) for 3 minutes. After 3 minutes, reduce to recovery pace for at least 1 minute, or longer if you feel you need. Repeat the process for 40 minutes in total.

	1 x 5-minute effort. Then a 10-minute cool down and static stretches.	Then 10-minute cool down, and finish with static stretches please.
Advance	2 miles warm up , 4 x 1 mile @ 5k pace with 3 mins. jog recovery , cool down and stretches	2 miles warm up , 5 miles @ tempo , cool down and stretches

Week Commencing – February 8th

Group	Session 1	Session 2
Development	10 min warm up and dynamic exercises. 3 sets of the following: 10 mins at steady pace (6 out of 10 effort) increasing to faster pace (8 out of 10) for 5 mins then ease back to re-recovery pace for 5 mins. Repeat steady and faster paced runs, recover for 2 mins and finish with 2 mins hard. 10 min warm down and static stretches	: 10 min warm up with dynamic exercises. Continue running, picking up the pace after 5 further mins to hit 10km pace. maintain for 20 mins then 10 mins recovery run and static stretches
Improvers	: 10 min warm up and dynamic exercises. Pyramid session as follows: 2 min hard (10km pace) 1 min recovery 4 min hard (10km pace) 90 secs recovery 6 min hard (10km pace) 2 min jog recovery 4 mins hard (5km pace) 90 secs recovery 2 mins hard (5km pace) 10 min warm down and static stretches	10 min warm up and dynamic exercises. 5 miles Fartlek any route. Varying paced and timed efforts and be sure to include one or two longer efforts in excess of 3 mins. 10 min warm down and static stretches.
Progression	Hills, - Right up lane is a good choice here. Working the loop – Begin at Roundabout 3 x up to the first right turn – strong effort, jog return 3 x up to the first right turn continue to the first corner, (try to increase speed as you make the right turn to the corner) Walk for 1 min and return to start, pause 30sec – 45sec before you start the next effort 3 x up to the first right turn follow the loop route all the way back to silfield road. Make 3 pace changes through the loop – you decide where to make them. Pause apx 1 min between each. Cool down as you wish.	10 mins warm up 5mins paced running ie: 8.30 per mile then 5mins slower pace (add 30seconds on), repeat x3 (30 mins of running) Pick up pace for 5 mins, 1min starting 8.45, 1min at 8.30, 1min at 8.15, 1min at 8.00, final minute 7.45 Jog or walk for 2 mins, end with a cool down of apx 5 mins

Intermediates	<p>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) 6 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. Finish the session with a 10-minute steady run, preferably on an incline, focusing on your hill running technique. Once completed, 10 minutes at a recovery pace and stretches please.</p>	<p>Strength Session 10 minute warm up at an easy pace. Then 10 minutes at steady pace (5 to 6 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 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</p>
Advance	<p>2 miles warm up , 10 x 2 mins. @ 5k pace with 1 min jog recovery , then 6 x 20 sec. @ hard with 10 sec. walk recovery (If very cold do 6 x 50m strides instead), cool down and stretches.</p>	<p>2 miles warm up , 5 miles @ tempo , cool down and stretches</p>

Week commencing – 15th February 2021

Group	Session 1	Session 2
Development	<p>10 min warm up and dynamic exercises. Pyramid session as follows: 2 min hard 1 min recovery 4 min hard 2 min recovery 6 min hard 2 min jog recovery 4 mins hard 90 secs recovery 2 mins hard All efforts at 10km pace 10 min warm down and static stretches</p>	<p>: 10 min warm up and dynamic exercises. 4 x 1km efforts with 2 min jog recovery be-tween efforts. Aim to complete all 4 efforts at the same pace or within 10 seconds. 10 min warm down and static stretching.</p>
Improvers	<p>10 min warm up and dynamic exercises. 5 x 1km efforts with 90 secs jog recovery be-tween efforts. Target around 5 min per km effort and aim to complete all 5 efforts at the same speed or within 10 seconds. 10 min warm down and static stretching.</p>	<p>10 min warm up and dynamic stretching. 45 mins steady run 10 mins warm down and static stretching</p>
Progression	<p>Hills - Warm up 10 mins slow to steady running. Working either a route with several hills on it or select a hill to stay on. Run the hill 4 times (at least 1 min each time up then jog return and go again.) rest 1 min</p>	<p>Apx 1 mile warm up – 5mins paced running ie: 8.30 per mile, 5mins slower pace (add 30seconds on), repeat x3 (30 mins of running)</p>

	, repeat 3 times, repeat 2 times, repeat 1 time. Cool down as per your warm up	Pick up pace for 5 mins, 1min starting 8.45, 1min at 8.30, 1min at 8.15, 1min at 8.00, final minute 7.45 Jog or walk for 2 mins, end with a cool down of apx 5 mins
Intermediates	- Warm up 10 mins slow to steady running. Working either a route with several hills on it or select a hill to stay on. Run the hill 4 times (at least 1 min each time up then jog return and go again.) rest 1 min , repeat 3 times, repeat 2 times, repeat 1 time. Cool down as per your warm up	Progression Run. 10 minute Warm up, Then increase pace to approx. 4/5 effort level for 10 minutes, then increase again to 5/6 effort level for a further 10 minutes, then increase again to 6/7 effort level for 10 minutes and finally effort level 7/8 for 5 minutes only. Then 10-minute cool down and static stretches
Advance	2 miles warm up to a long hill , 3 sets of Uphill efforts 3 mins @ 10k pace , 2 mins @ 5k pace , 1 min. @ faster than 5k pace with jog downhill recovery between all efforts . Cool down and stretches	2 miles warm up , 5 miles @ tempo , cool down and stretches

Week Commencing – 22nd February 2021

Group	Session 1	Session 2
Development	10 min warm up and dynamic exercises. 3 sets of the following: 10 mins @5km pace 2 min recovery then 6 x 30 secs hard efforts with 30 secs recovery. 10 min warm down and static stretches	: 10 min warm up and dynamic stretching. 45 mins steady run 10 mins warm down and static stretching.
Improvers	10 min warm up and dynamic exercises. Kenyan Hills - Suggest Rightup Lane or Ayton Road for these. Starting at the bottom of the hill run the following efforts: 3 sets of 4 x 1 min up and 1 min down at the same pace with 90 secs recovery between sets. Remember each up and down effort should be the same time with the aim of hitting your start point exactly. 10 min jog recovery and static stretches	10 min warm up with dynamic exercises. Continue running, picking up the pace after 5 further mins to hit 10km pace. maintain for 20 mins then 10 mins recovery run and static stretches. And then it is the start of Meteorological Spring on 1 Ma

<h2>Progression</h2>	<p>Warm up 10-15 mins Pick an area of 5 visible lamp posts. (police station is a good choice) Working in a pyramid. Hard Effort to lamp1, turn jog return, Effort to lamp 2, turn jog return etc to 5. Recover 2 mins. Repeat until you have completed 3 x (Check distance and time) 10min tempo running End with a good cool down gradually slowing your pace each minute for apx 10mins.</p>	<p>Apx 1 mile warm up – 5mins paced running ie: 8.30 per mile, 5mins slower pace (add 30seconds on), repeat x3 (30 mins of running) Pick up pace for 5 mins, 1min starting 8.45, 1min at 8.30, 1min at 8.15, 1min at 8.00, final minute 7.45 Jog or walk for 2 mins, end with a cool down of apx 5 mins</p>
<h2>Intermediates</h2>	<p>Pace Management Session 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 please.</p>	<p>Hill session. Continuous hills. 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. Practice your hill running technique. 10-minute cool down and static stretches please.</p>
<h2>Advance</h2>	<p>2 miles warm up , 2 x 2 miles out and back efforts @ 10k pace (the aim is to finish the second 2 miles faster than the first) with 2 mins. rest between , cool down and stretches .</p>	<p>2 miles warm up , 5 miles @ tempo , cool down and stretches</p>