

DEVELOPMENT GROUP - Monday Club training in prebooked groups returns from 12th April.

Please contact Andrew Lane to book your space

In accordance with the new regulations - Please continue to social distance

DEVELOPMENT GROUP – WEEK COMMENCING	SESSION 1	SESSION 2
5th April	5 miles fartlek around your preferred route. Remember to start easy and run easy/steady for 15 mins, then mix up efforts and steady pace for 30 mins followed by 10 mins recovery jog and static stretches.	10 minutes warm and dynamic exercises then 15 minutes at half marathon pace followed by 6 x 1 Min bursts at 5k pace with a 1 min recovery between each effort, then 15 minutes at your 10k pace, followed by a 10 minute cool down and static stretches.
12th April	15 min warm up and dynamic stretches. 5 x 4 mins hard with 2 mins jog recovery between efforts 15 min warm down and static stretches. Coach TBN	10 min easy warm up and dynamic exercises, then 5 miles steady run at 10km pace interspersed with 2 sets of 5 x 1 min fast efforts with 1 min jog recovery between each effort. Ensure there is at least 5 mins at 10km pace between each set. 10 min warm down jog and static stretches.
19 th April	15 mins warm up and dynamic exercises. Hill session. 4 sets of 3 x 30 secs (ish) hill efforts with jog back recovery. 2 min static recovery between sets. 15 min jog recovery and static stretches. Coach TBN	5 miles steady run to include 1st and last mile at 1/2 marathon pace with the middle 4 at 10km pace.
26 th April	10 min warm up and dynamic exercises. Speedwork session - 2 sets of 1 min efforts with reducing recovery from 60 secs to 10 secs recovery. 3 min jog recovery and repeat first set. 10 min warm down and static stretches. Combined Session with Improvers Dave H	15 min warm up jog with drills. Pyramid consists of the following: 30 Secs hard, 30 secs recovery 1 min hard 1 min recovery 90 secs hard 1 min recovery 2 min hard 3 min recovery jog then back down the pyramid. Hard effort at 5k pace recovery run, relaxed and slow. 15 mins warm down and stretches

IMPROVERS GROUP - Monday Club training in prebooked groups returns from 12th April.

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IMPROVERS GROUP – WEEK COMMENCING	Session 1	Session 2
5 th April	5 - 6 miles fartlek around your preferred route. Remember to start easy and run easy/steady for 15 mins, then mix up efforts and steady pace for 30 mins followed by 10 mins recovery jog and static stretches.	10 minutes warm and dynamic exercises then 15 minutes at half marathon pace followed by 5 x 90 second bursts at 5k pace with a 1 min recovery between each effort, then 15 minutes at your 10k pace, followed by a 10 minute cool down and static stretches.
12 th April	15 mins warm up and dynamic exercises. Hill session Spinks Lane. 4 sets of 3 x 30 secs (ish) hill efforts with jog back recovery. 2 min static recovery between sets. 15 min jog recovery and static stretches. Note: If we are unable to return to coaches sessions this hill session can be done on any hill. First Coached session - Dave H	Pyramid Session - 15 min warm up jog with drills. Pyramid consists of the following: 30 secs hard 30 secs recovery; 1 min hard, 1 min jog recovery, 90 secs hard with 1 min jog recovery; 2 min hard with 3 mins jog recovery, then back down the pyramid with the same recovery. 15 min warm down and static stretches
19 th April	15 min warm up and dynamic stretches. 5 x 4 mins hard with 2 mins jog recovery between efforts 15 min warm down and static stretches. Coach - TBN	10 min easy warm up and dynamic exercises, then 5 miles steady run at 10km pace interspersed with 2 sets of 5 x 1 min fast efforts with 45 secs jog recovery between each effort. Ensure there is at least 5 mins at 10km pace between each set. 10 min warm down jog and static stretches.
26 th April	10 min warm up and dynamic exercises. Speedwork session - 2 sets of 1 min efforts with reducing recovery from 60 secs to 10 secs recovery. 3 min jog recovery and repeat first set. 10 min warm down and static stretches. Coach - Dave H	6 miles steady run to include 1st and last mile at 1/2 marathon pace with the middle 4 at 10km pace.

PROGRESSION GROUP - Monday Club training in prebooked groups returns from 12th April.

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Check out the new simple stretching guide.

PROGRESSION GROUP - week commencing	Session 1	Session 2
5 th April	Pyramid work : 10 mins warm up 1min effort x 3 2min effort x 3 3min effort x 3 4min effort x 2 Apx 10min cooling down 10 mins cool down	Paced run – Warm up 10mins Working in 5 min blocks set a pace and hold for the time choose an effort of around 6/10 Repeat x 6 Cool down apx 10mins
12 th April – Return to booked WAC Sessions	Warm up 10 mins – Mixed speed – work on efforts 7-8/10 of between 20 seconds & 1 min recover between each for the same amount of time as the effort work for 15 mins, recover for 3 mins then repeat the speed work 10mins + cool down time	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 7 minutes and finally effort level 7/8 for 5 minutes only. Then 10-minute cool down
19 th April	Hills - Warm up 10 mins slow to steady running. Right up lane from roundabout up 6 x effort to 1 st right turn, jog return and go 4 x effort to 2 nd left turn, jog return and go 2 x effort to end of housing (where roadway narrows) If Time 1 x LONG effort from roundabout all the way to the lizard bridge. Try to speed up as you come onto the flat and hold your nerve and pace all the way to the bridge	Paced run – Warm up 10mins Working in 5 min blocks set a pace and hold for the time choose an effort of around 6/10 Repeat x 6 Cool down apx 10mins
26 th April	- Warm up 10mins Run medium/ effort (above talking speed) 10mins, regroup recover 2 min 8 x 30sec hard running with 90 sec recovery Medium effort (above talking speed) 10mins, regroup recover 2 min	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

	<p>6 x 30 sec hard running with 90 sec recovery Medium effort (above talking speed) 10mins, regroup recover 2 min 4 x 30 sec hard running with 90 sec recovery Cool down</p>	<p>Jog or walk for 2 mins, end with a cool down of apx 5 mins</p>
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INTERMEDIATE GROUP - Monday Club training in prebooked groups returns from 12th April.

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INTERMEDIATE GROUP -Week commencing	Session 1	Session 2
5 th April	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	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.
12 th April	10 minutes warm up at easy pace, Pyramid training 7/10 effort 1,2,3,4,5,5,4,3,2,1 recover 60 sec between each up to the 5min, then recover 3 min in middle and begin at the 5min working down back to 60 sec recovery Mini pyramid of 2,4,2 if time effort of 8/10 Cool down	Paced run – Warm up 10mins Working in 5 min blocks set a pace and hold for the time choose an effort of around 6-7/10 Repeat x 6 Cool down apx 10mins
19 th April	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.
26 th April	Warm up 10mins Tempo for 10mins, regroup recover 2 min 8 x 30sec hard running with 90 sec recovery Tempo for 10mins, regroup recover 2 min 6 x 30 sec hard running with 90 sec recovery Tempo for 10mins, regroup recover 2 min 4 x 30 sec hard running with 90 sec recovery Cool down	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

ADVANCE GROUP - Monday Club training in prebooked groups returns from 12th April.

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Lactate Clearance Tempo are great for marathon training and can be increased in distance. Make sure you stretch after workouts.

ADVANCE GROUP - Week commencing	Session 1	Session 2
5 th April Sessions have been written by Mark Tufts and Adam Masterson	Warm up 2 miles with a few strides 2 miles increasing Tempo starting at Half Marathon and working towards 10k pace. Take 90 sec. - 2 mins. rest. Then 5 mins,4 mins,3 mins,2 mins,1 min. @ 5k pace with 1 min. rest between efforts .(Remember the key to get your pacing right.) Cool down 2 miles.	Fast Tempo Warm up 2 miles 800m @ Hard , 1 min rest , 2 miles @ tempo , 5 mins. jog 800m @ Hard , 1 min. rest , 2 miles @ tempo Cool down 2 miles Prepare mind and body to hang on strongly after having to go out fast from the gun.
12 th April	Warm up 2 miles with a few strides to St. Thomas Lane/ Ketteringham Road 4 x 3 mins. @ 5k pace with 90 sec. rest 4 x 2 mins. @ 3k pace with 1 min. rest 4 x 1 min @ 1 mile pace with 30 sec. rest 2 mins between sets Cool down 2 miles	Classic Tempo Warm up 2 miles 5 - 6 miles @ tempo Cool down 2 miles
19 th April	Warm up 2 miles to Pockthorpe Road 4 x 1 mile @ target 5k pace with 90 sec. rest 8 x strides on way back Cool down 1 mile	Lactate Clearance Tempo Warm up 2 miles 6 miles alternating tempo / steady pace every mile Cool down 2 miles
26 th April	Warm up 2 miles to Dykebeck Road 8 x 90 sec.@ 5k pace with 1 min. rest	Lactate Clearance Tempo Warm up 2 miles

	6 x Dykebeck hill sprints with jog back down recovery Cool down 2 miles	2 x 3 miles (first 2 miles @ tempo , last mile @ steady) 3 mins. jog between sets Cool down
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