

## DEVELOPMENT GROUP - MAY - Monday Club training in prebooked groups.

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
<p>BANK HOLIDAY – NO COACHED SESSION ON MONDAY</p> <p>3<sup>rd</sup> May</p>	<p>1 mile or 10 min warm up then dynamic exercises. Fartlek - 5 miles at steady pace with varying time efforts at brisker pace. Effort times from 30 secs to 3 mins. Your choice. 10 min warm down.</p>	<p>10 min jog warm up then 5-6 miles total to include 3 miles tempo paced run based on your best 10km pace.</p>
<p>10<sup>th</sup> May</p>	<p>10 min warm up then Pyramid session: 1/2/3/3/2/1 efforts with varying recovery. Recovery run and static stretching. <b>Leader TBC</b></p>	<p>6 miles at your half marathon pace. Easy one to remember</p>
<p>17<sup>th</sup> May</p>	<p>Warm up then Ayton Road Hill work <b>Leader TBC</b></p>	<p>6 miles to include 10 min warm up and dynamic exercises. Within this distance include 10 x 1 min hard effort with 90secs recovery at normal pace</p>
<p>24<sup>th</sup> May</p>	<p>15 min warm up including dynamic exercises. 5 mins steady paced running then: 5 x 30 secs hard with 1 min recovery between efforts 5 min steady paced running 3 x 30 secs hard with 1 min recovery between efforts 5 min steady paced running 2 x 30 secs hard with 30 secs recovery Cool down <b>Leader TBC</b></p>	<p>5 miles to include 10 min warm up and dynamic exercises. Within this distance include 10 x 1 min hard effort with 90secs recovery at normal pace</p>
<p>BANK HOLIDAY – NO COACHED SESSION ON MONDAY</p> <p>31<sup>st</sup> May</p>	<p>Even paced run. 10 Min warm up then paced run of 5 x 5 min efforts with 2 min jog recovery. Each 5 min effort to be at a set pace and try to sustain that pace for the whole effort. Each effort pace to be between 6 and 8 out of 10. 10 min warm down and static stretches <b>Bank Holiday - No coached sessions</b></p>	<p>Starting easy at your warm up pace run for 15 mins. Increase pace to 60% effort level for 10 mins then up to 70% for 10 mins then 80% for max 5 mins before a 15 min recovery at your starting pace. Remember static stretches at the end</p>

# IMPROVERS GROUP - MAY -Monday Club training in prebooked groups

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IMPROVERS GROUP – WEEK COMMENCING	Session 1	Session 2
<p>BANK HOLIDAY – NO COACHED SESSION ON MONDAY</p> <p>3<sup>RD</sup> May</p>	<p>1 mile or 10 min warm up then dynamic exercises. Fartlek - 5 miles at steady pace with varying time efforts at brisker pace. Effort times from 30 secs to 5 mins. Your choice. 10 min warm down.</p>	<p>10 min jog warm up then 5-6 miles total to include 3 miles tempo paced run based on your best 10km pace.</p>
<p>10<sup>th</sup> May</p>	<p>10 min warm up then Pyramid session based around Wramplingham Road/Slopers Lane Loop. 1/2/3/4/3/2/1 efforts with varying recovery. Recovery run back to Ketts Park and static stretching.</p> <p><b>Dave Leading</b></p>	<p>6 miles to include 10 min warm up and dynamic exercises. Within this distance include 10 x 1 min hard effort with 90secs recovery at normal pace</p>
<p>17<sup>th</sup> May</p>	<p>15 min warm up including dynamic exercises. 5 mins steady paced running then: 6 x 30 secs hard with 1 min recovery between efforts. 5 min steady paced running 4 x 30 secs hard with 1 min recovery between efforts 5 min steady paced running 2 x 30 secs hard with 30 secs recovery Cool down</p> <p><b>Dave Leading</b></p>	<p>6-7 miles run at your half marathon pace. Simple really!!</p>

<p>24<sup>th</sup> May</p>	<p>Warm up then Deep Lane Hill session. Longer hill efforts.</p> <p><b>Dave leading</b></p>	<p>6 miles to include 10 min warm up and dynamic exercises. Within this distance include 10 x 1 min hard effort with 90secs recovery at normal pace</p>
<p><b>BANK HOLIDAY – NO COACHED SESSION ON MONDAY</b> 31<sup>st</sup> May</p>	<p>Even paced run. 10 Min warm up then paced run of 5 x 5 min efforts with 2 min jog recovery. Each 5 min effort to be at a set pace and try to sustain that pace for the whole effort. Each effort pace to be between 6 and 8 out of 10. 10 min warm down and static stretches</p>	<p>Starting easy at your warm up pace run for 15 mins. Increase pace to 60% effort level for 10 mins then up to 70% for 10 mins then 80% for max 5 mins before a 15 min recovery at your starting pace. Remember static stretches at the end.</p>

## PROGRESSION GROUP – MAY - Monday Club training in prebooked groups returns

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PROGRESSION GROUP - week commencing	Session 1	Session 2
<p>BANK HOLIDAY – NO COACHED SESSION ON MONDAY 3<sup>rd</sup> May</p>	<p>6 mile run – if possible choose mixed terrain ie: some cross country if poss, some road and some incline. Maintain pace throughout on xc and road sections. Use the xc as a time to concentrate on your technique and foot placement.</p>	<p>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</p>
<p>10<sup>th</sup> May</p>	<p>Warm up 1 mile 6 x 2 mins @ apx 5k pace with 1 min. recovery / 3 mins at end of set 4 x 2 mins @apx 5k pace with 1 min recovery / 3 mins at end of set 2 x 2 mins @apx 5k pace with 1 min recovery / Extras at leaders discretion</p> <p>Cool down and group stretches</p>	<p>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</p>
<p>17<sup>th</sup> May</p>	<p>Hills – 10- 15 mins warm up – start slow and build up speed gradually Continuous hills – (deep lane sand/dirt track is a good choice here working both up and down) 20 mins work – try to keep pace solid and steady working on building strength. 10-15mins relaxed running</p>	<p>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</p>

<p>24<sup>th</sup> May</p>	<p>10mins warm up easy pace.  4min 10k pace efforts x 8, recover for 1-2min in between each  Cool down apx 5- 10mins</p>	<p>10 – 15 mins warm up –  Tempo running for 3 miles, slow for 3 mins  10 x 20 second bursts of speed with 20sec of slow running between  10 – 15 mins relaxed running</p>
<p><b>BANK HOLIDAY –  NO COACHED SESSION ON MONDAY</b>  31<sup>st</sup> May</p>	<p>6-7 mile run – warm up then keep a strong but steady pace.  Include some speedplay efforts of up to 30 seconds for each one. 12 -14 efforts for the whole run total.</p>	<p>6 miles run hilly route – pick up pace as you progress each hill effort, drop pace after and return to your regular pace.</p>

## INTERMEDIATE GROUP – MAY - Monday Club training in prebooked groups returns

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INTERMEDIATE GROUP -Week commencing	Session 1	Session 2
<p>BANK HOLIDAY – NO COACHED SESSION ON MONDAY 3<sup>rd</sup> May</p>	<p>6-7 mile run – warm up then keep a strong but steady pace. Include some speedplay efforts of up to 30 seconds for each one. 12 -14 efforts for the whole run total.</p>	<p><b>Hill Session.</b> (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.</p>
<p>10<sup>th</sup> May</p>	<p>Warm up 1 mile 6 x 2 mins @ apx 5k pace with 1 min. recovery / 3 mins at end of set 4 x 2 mins @apx 5k pace with 1 min recovery / 3 mins at end of set 2 x 2 mins @apx 5k pace with 1 min recovery / Extras at leaders discession  Cool down and group stretches</p>	<p>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</p>
<p>17<sup>th</sup> May</p>	<p>warm up for 10mins, then Endurance time working in 3 min slots pace of around 10 mile - ½ marathon pacing  6 x 3 mins, slowing down to 1 – 1 1/2mins very light jog between each then ending with 10mins very easy running</p>	<p>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.</p>

<p>24<sup>th</sup> May</p>	<p>10mins warm up easy pace.  4min 10k pace efforts x 8 , recover for 1-2min in between each  Cool down apx 5- 10mins</p>	<p><b>Hill session. Continuous hills.</b>  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>
<p><b>BANK HOLIDAY –  NO COACHED SESSION ON MONDAY</b>  31<sup>st</sup> May</p>	<p>6-7 mile run – warm up then keep a strong but steady pace.  Include some speedplay efforts of up to 30 seconds for each one. 12 -14 efforts for the whole run total.</p>	<p>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</p>

## ADVANCE GROUP – MAY - Monday Club training in prebooked groups returns

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ADVANCE GROUP - Week commencing	Session 1 – MONDAY	Session 2
BANK HOLIDAY – NO COACHED SESSION ON MONDAY 3 <sup>rd</sup> May	Warm up 2 miles 4 x 1 mile @ target 5k pace with 90 sec. rest 8 x strides on way back Cool down 1 mile	Classic Tempo Warm up 2 miles 5 - 6 miles @ tempo Cool down 2 miles
10 <sup>th</sup> May	Warm up 2 miles 8 x 3 mins @ 5k pace with 1 min. recovery Strides Cool down and group stretches Coach - Adam	Warm up 2 miles 8k Tempo @ 10 miles to half marathon pace Cool down and stretches
17 <sup>th</sup> May	Buck Lane hill 3 sets of Hard controlled pace downhill ( about 0.7 mile in length ) and then take 90 sec. standing recovery. Uphill efforts 20 sec. @ Hard , 20 sec. @ Easy and repeat to the top of the hill and then take 90 sec. standing recovery. Cool down and group stretches. Coach - Mark	Warm up 2 miles 8k Tempo @ 10 miles to half marathon pace Cool down and stretches
24 <sup>th</sup> May	Warm up 2 miles 5 x 3 mins. @ 10k pace with 90 sec. recovery 6 x 90 sec. @ 5k pace with 1 min. recovery Cool down and group stretches	Warm up 2 miles 8k Tempo @ 10 miles to half marathon pace Cool down and stretches



	Coach - Adam	
BANK HOLIDAY – NO COACHED SESSION ON MONDAY 31 <sup>st</sup> May	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	Classic Tempo Warm up 2 miles 5 - 6 miles @ tempo Cool down 2 miles