

DEVELOPMENT GROUP - July Club training in prebooked groups

Please contact Andrew Lane to book your space for Monday sessions and Thursday Track

Please continue to social distance

DEVELOPMENT GROUP – WEEK COMMENCING	SESSION 1	SESSION 2
5 th July	10 min warm up and dynamic stretches. Multiple pyramid as follows: 4 x 1 min with 1 min recovery 90 secs recover after this set 3 x 2 min with 1 min recovery 90 secs recovery after this set 2 x 3 mins with 1 min recovery 90 secs recovery after this set 1 x 4 min Recovery jog followed by static stretches	Either Track session at Attleborough Or 5-6 miles easy paced run with 3 x 5 min at 10km pace If you want to attend this or the track session please remember to book with Andrew Lane.
12 th July	10 min warm up then reverse pyramid 4-3-2-1 min efforts increasing pace as effort time gets shorter 1 min recovery between efforts, 2 min jog recovery before reversing the pyramid 1-2-3-4, with same recovery.	Either track session at Attleborough or 6 miles starting easy and picking up pace: 2 miles very easy and relaxed, mile 3 @ 1/2 to 10 mile pace, mile 4 @ 10km pace and mile 5 @ 5km pace. Mile 6 ease back recovery jog. For all sessions remember to book in with Andrew Lane
19 th July	10 mins warm up and dynamic exercises. Hill efforts TBN	Either Track session at Attleborough, or 5 miles to include 5 x 5 min at 10km pace with variable recovery and 10 min warm down and static stretching Remember to book your places on the weeks sessions with Andrew Lane.

26 th July	10 min jog warm up and drills/dynamic exercises. Then 2 sets of 30 Secs 45 Secs 60 Secs 90 Secs 60 Secs 45 Secs 30 Secs 1 min between efforts 3 min jog/walk between sets	Attleborough Track session or 5-6 miles at a steady pace to include 10 x 1 min hard with 30 secs recovery. You can split this into 2 x 5 blocks with along recovery between sets. Remember to book your places on the weeks sessions with Andrew Lane
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IMPROVERS GROUP - July Club training in prebooked groups

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IMPROVERS GROUP – WEEK COMMENCING	Session 1	Session 2
5th July	<p>10 min jog warm up and drills/dynamic exercises. Then 2 sets of:</p> <p>30 secs 45 secs 60 secs 90 secs 60 secs 45 secs 30 secs</p> <p>All with 1 min recovery between efforts and 5 min jog recovery between sets. Warm down and static stretches.</p>	<p>Either Track session at Attleborough Or 5-6 miles easy paced run with 3 x 5 min at 10km pace</p> <p>If you want to attend this or the track session please remember to book with Andrew Lane.</p>
12 th July	<p>10 min warm up and dynamic stretches. Multiple pyramid as follows:</p> <p>4 x 1 min with 1 min recovery 90 secs recover after this set 3 x 2 min with 1 min recovery 90 secs recovery after this set 2 x 3 mins with 1 min recovery 90 secs recovery after this set 1 x 4 min Recovery jog followed by static stretches</p>	<p>Either track session at Attleborough or 6 miles starting easy and picking up pace: 2 miles very easy and relaxed, mile 3 @ 1/2 to 10 mile pace, mile 4 @ 10km pace and mile 5 @ 5km pace. Mile 6 ease back recovery jog.</p> <p>For all sessions remember to book in with Andrew Lane.</p>

19 th July	10 mins warm up and dynamic exercises. Long hill efforts - Deep Lane.	Either Track session at Attleborough, or 5 miles to include 5 x 5 min at 10km pace with variable recovery and 10 min warm down and static stretching Remember to book your places on the weeks sessions with Andrew Lane.
26 th July	10 min warm up then reverse pyramid 4-3-2-1 min efforts increasing pace as effort time gets shorter 1 min recovery between efforts, 2 min jog recovery before reversing the pyramid 1-2-3-4, with same recovery.	Attleborough Track session or 5-6 miles at a steady pace to include 10 x 1 min hard with 30 secs recovery. You can split this into 2 x 5 blocks with along recovery between sets. Remember to book your places on the weeks sessions with Andrew Lane.

PROGRESSION GROUP – July Club training in prebooked groups

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PROGRESSION GROUP - week commencing	Session 1	Session 2
5 th July	Endurance and Pace management – Bermuda Triangle Included in session 10 x 20 second bursts of speed with 20sec of slow running between Ian	Track at Attleborough or Warm Up 10 mins 5km timed session Cool down 10 mins
12 th July	Warm up to deep Lane – Hills work on deep lane finish with footpath track and road loop effort x 1 timed Steady return to KP Kim	Track at Attleborough or Hilly route – run time of apx 60 mins (to include warm up and cool down)
19 th July	Speedwork efforts – Easy Warm up- Whistle efforts Ketteringham Lane - Fartlek various times Finish with 10 second pickups Cool down back to KP TBC	Attleborough track or 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 July	10mins warm up easy pace. 3min @ 5k pace efforts x 6 , recover for 2min in between each 10 second pick ups x 10 at end of session Cool down apx 5- 10mins TBC	Attleborough track or 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

INTERMEDIATE GROUP – July Club training in prebooked groups

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INTERMEDIATE GROUP -Week commencing	Session 1	Session 2
5 th July	Warm up 10 mins 1/2/3 minute hard effort with a 1 minute rolling recovery. Work for 45 mins apx Increase rest period if necessary.	Attleborough Track or 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
12 th July	Warm up 2 miles, 5 sets of 2 mins. @ 10k pace with 1 min. jog recovery 1 min. @ 5k pace with 1 min. jog recovery 1 min. @ Hard with 2 mins. jog recovery Cool down and group stretches	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 July	Warm up. 10 minutes@ 10k marathon pace, 4 x 3 minutes at 5k pace with short recovery & 10 minutes@ 10k pace Cool down and group stretching	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 July	Warm up to Park Lane (via cemetary lane, include some short pick up bursts on the incline of cemetary lane) Long efforts on the park lane loop x 3/4 (depending on time)	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

ADVANCE GROUP – July Club training in prebooked groups

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ADVANCE GROUP - Week commencing	Session 1 – MONDAY	Session 2
5 th July	Warm up 2 miles, 5 sets of 2 mins. @ 10k pace with 1 min. jog recovery 1 min. @ 5k pace with 1 min. jog recovery 1 min. @ Hard with 2 mins. jog recovery Cool down and group stretches	2 miles warm up , then 8k - 9k @ 10 miles to half marathon pace. Cool down normally 1 - 2 miles.
12 th July	Warm up 2 miles , 4 x 1 mile @ 5k pace with 2 mins. static recovery , Cool down and group stretches.	2 miles warm up , then 8k - 9k @ 10 miles to half marathon pace. Cool down normally 1 - 2 miles.
19 th July	Warm up 2 miles , 5 x 1 min hard uphill , jog recovery downhill 5 x 45 sec. hard uphill , jog recovery downhill 5 x 30 sec. hard uphill , jog recovery downhill 3 mins. hill @ 10k pace , accelerate last 30 sec. Cool down and group stretches	2 miles warm up , then 8k - 9k @ 10 miles to half marathon pace. Cool down normally 1 - 2 miles.
26 th July	Warm up 2 miles , 2 sets of 3 x 3 mins @ 10k pace with 1 min recovery and 2 mins between sets. 2 sets of 3 x 1 min @ faster than 5k pace with 1 min recovery and 2 mins between sets. Cool down and group stretches.	2 miles warm up , then 8k - 9k @ 10 miles to half marathon pace. Cool down normally 1 - 2 miles.

