

DEVELOPMENT GROUP

APRIL 2022 - Club training

DEVELOPMENT GROUP – WEEK COMMENCING	SESSION 1 - MONDAY	SESSION 2
4 th April 2022	Warm up down to Ayton Road Rec. Speedwork session 2 sets of 1 min effort with reducing recovery. 3 mins jog recovery between sets. Recovery to be 60 secs then 50,40,30,20,10 secs. Jo/Gemma	Thursday Hills at Earlham Park Kim
11 th	10 min warm up then 4 sets of 2 min @ 10km pace with 60 secs recovery then 1 min at 5km pace. @ min recovery between each set. Location TBC Gemma/Richard	Thursday Hills at Earlham Park Dave
18 th	Bank Holiday – No Club	Thursday Hills at Earlham Park Dave
25 th	Warm up jog to Deep Lane (Opposite Melton Road Turning off Tuttlles Lane) then Hill session using the long hill up to Tuttlles Lane. . Richard/Jo	<p style="text-align: center;">THURSDAY ATTLEBOROUGH TRACK</p>
Group Specifics – The Development group aim is to help improve endurance and speed throughout the group. Development also provides a sound introduction to training principles for less experienced runners. Typically paced at approx. 9.30 + per mile Approximate 5Km race time: 30mins + Total distance range from 3 – 5miles		

IMPROVERS GROUP

APRIL 2022 - Club training

IMPROVERS GROUP – WEEK COMMENCING	Session 1 – MONDAY	Session 2
4 th April 2022	10 min warm up then 4 sets of 3 min @ 10km pace with 60 secs recovery then 1 min @ 5km pace - 2 min jog recovery between each set. Sunset is 1940 so there may be scope for a little country running. <p style="text-align: right;">Wendy + 1 (Dave away)</p>	Thursday Hills at Earlham Park Kim
11 th	Warm up down to Park Lane then speed/endurance session up and down Park Lane Loop <p style="text-align: right;">Dave + Wendy</p>	Thursday Hills – Earlham Park Dave
18 th	Bank Holiday – No Club	Thursday Hills – Earlham Park Dave
25 th	Warm up to Ayton Road Rec then then 2 sets of 1 min efforts with reducing recovery 5 mins jog recovery between sets Recovery after each effort - 60-50-40-30-20-10 (secs) <p style="text-align: right;">Wendy + Dave</p>	<p style="text-align: center;">THURSDAY ATTLEBOROUGH TRACK</p>
Group Specifics – The Improvers group follows the foundations laid down in the development group, Introducing extra distance and pace. Typically paced at approx. 8.45 – 10.00 per mile pace Approximate 5km Time: 27-30mins Total distance range approx 5 miles .		

PROGRESSION GROUP

April 2022 – Club training

PROGRESSION GROUP - week commencing	Session 1 – MONDAY	Session 2
4 th April 2022	Ladys Lane – Speedwork. Mix pace efforts – HM/10k/5k – Use full length.	Thursday Hills at Earlham Park Kim
11 th	Park Lane and Beyond. Increasing pace warm up to Park Lane. Incline Hills – longer efforts - timed out and returns.	Thursday Hills – Earlham Park Dave
18 th	Bank Holiday – No Club	Thursday Hills – Earlham Park Dave
25 th	Compass/ Bermuda Triangle On Whistle increasing pace. – 1,2,3,3,2,1 – At coaches discretion	THURSDAY ATTLEBOROUGH TRACK
<p>Group Specifics: Principle aims are to increase endurance/speed/strength without increasing distances. A mixed ability training group. Typically training paced at approximately 7.30-8.45 per mile Approximate 5km time: 23 – 26mins Total distance 5-6 miles</p>		

INTERMEDIATE GROUP

APRIL 2022 - Club training

INTERMEDIATE GROUP - Week commencing	Session 1 - MONDAY	Session 2
4 th April 2022	Compass & Burnt House Lane. (Bermuda) Progressive run. Endurance and Pace Management. Approx. 6 ½ miles.	Thursday Hills at Earlham Park Kim
	Heath	
11 th April	Lady's Lane & Dykebeck. (Past Wymondham Abbey) 1/2/3-minute efforts with 1 minute moving recovery in-between. Strength & Speed Approx. 6 miles	Thursday Hills – Earlham Park Dave
	Tony	
18th	Bank Holiday – No Club	Thursday Hills – Earlham Park Dave
25 th	'Train to the Terrain' Deep Lane Off road run session. Strength & Agility. 6 ½ miles	THURSDAY ATTLEBOROUGH TRACK
	Kevin/Alison	
Group Specifics - Faster Paced mixed ability group. Working on endurance, speed, pace control. Typically paced at 7 – 8min mile pace Approximate 5km Time: 21mins -23mins Total distance 6 + miles		

ADVANCE GROUP

APRIL 2022 - Club training

ADVANCE GROUP - Week commencing	Session 1 – MONDAY	Session 2
4 th April 2022	Police Station 2m w/up 6-5-4-3-2-1 (1 min rec each) 2@HM, 2@10k, 2@5k 2m c/down	Thursday Hills at Earlham Park Kim <div style="text-align: right;">Mark B NO ADAM</div>
14 th	Melton Road Hills 2m W/up 3 x Poynt Close loop, 2 x Smock Mill loop, 1 x Northfield Gdns,, 2 x Poynt Close 2m C/down	Thursday Hills – Earlham Park Dave <div style="text-align: right;">Adam</div>
18 th	Bank Holiday – No Club	Thursday Hills – Earlham Park Dave
25 th	Time Trial Loop 2m W/up 4 x 1m @10k pace (1 min rec) 2m c/down	<div style="text-align: center;">THURSDAY ATTLEBOROUGH TRACK</div> <div style="text-align: right;">Mark T</div>
Group Specifics – Higher intensity longer distance group. Typically paced 5.45- 7min per mile pace Approximate 5km time: 16 – 20 mins		

Running distance – 6-8 miles