

## DEVELOPMENT GROUP - MAY 2022 - Club training

DEVELOPMENT GROUP – WEEK COMMENCING	SESSION 1 - MONDAY	SESSION 2
2 <sup>ND</sup> May	No Club – Bank Holiday	THURSDAY TRACK ATTLEBOROUGH Lead – Andrew
9 <sup>th</sup>	Warm up to Park Lane then pyramid 1-2-3-3-2-1 along Park Lane and beyond.	THURSDAY TRACK ATTLEBOROUGH Lead - Kevin
16 <sup>th</sup>	Warm up to Deep Lane via Tuttlles Lane then off road hill session using the length of Deep Lane. Return via Tuttlles Lane.  <b>Hill work at discretion of coaches</b>	THURSDAY TRACK ATTLEBOROUGH Lead - Dave
23 <sup>rd</sup>	10 min warm up then: 2 x 3 min efforts with 1 min recovery between efforts 90 secs jog recovery 3 x 2 min effort with 1 min recovery between efforts 4 x 1 min efforts with 1 min jog recovery Efforts at 5km pace or better Easy recovery	THURSDAY TRACK ATTLEBOROUGH Lead - Tony
30 <sup>th</sup>	10 min warm up then speed work at Ketts Park or Ayton Road rec on grass. <b>Session at coaches discretion</b>	TBC – Jubilee Bank Holiday
<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</p>		

## IMPROVERS GROUP - MAY 2022 - Club training

IMPROVERS GROUP – WEEK COMMENCING	Session 1 – MONDAY	Session 2
2 <sup>nd</sup> May	Bank Holiday – No club	THURSDAY TRACK ATTLEBOROUGH Lead – Andrew
9 <sup>th</sup>	10 min warm up then: 2 x 4 min efforts with 1 min recovery between efforts 90 secs jog recovery 3 x 3 min effort with 1 min recovery between efforts 4 x 1 min efforts with 1 min jog recovery Efforts at 5km pace Easy recovery  <div style="text-align: right;"><b>Wendy + 1 (Dave away)</b></div>	THURSDAY TRACK ATTLEBOROUGH Lead - Kevin
16 <sup>th</sup>	10 min warm up then speed work at Ketts Park or Ayton Road rec on grass.  <div style="text-align: right;"><b>Dave + Wendy</b></div>	THURSDAY TRACK ATTLEBOROUGH Lead – Dave
23 <sup>rd</sup>	Warm up to Park Lane then pyramid 1-2-3-3-2-1 along Park Lane and beyond.  <div style="text-align: right;"><b>Wendy and Dave</b></div>	THURSDAY TRACK ATTLEBOROUGH Lead – Tony
30 <sup>th</sup>	Warm up to Deep Lane via Tuttlles Lane then off road hill session using the length of Deep Lane. Return via Tuttlles Lane.  <div style="text-align: right;"><b>Dave and Wendy</b></div>	TBC – Jubilee Bank Holiday
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 - May 2022 – Club training

PROGRESSION GROUP - week commencing	Session 1 – MONDAY	Session 2
2 <sup>nd</sup> May	Bank Holiday – No club	THURSDAY TRACK ATTLEBOROUGH Lead – Andrew
9 <sup>th</sup>	<b>Deep lane</b> Mixed ground session plus some technique. 1. Working on Hill efforts plus mixed terrain 2. Transferring to speed on to the road 3. Work on fast finish – To club  <span style="float: right;">Kim +1</span>	THURSDAY TRACK ATTLEBOROUGH Lead - Kevin
16 <sup>th</sup>	<b>Ladys Lane/ Johnsons hill – Speed ... speed ... speed! -</b> Shorter bursts, working on power and pick ups. – Split group. Sets of 30sec/ 1min running on LL Group 1 (working for 10/12 mins apx ) Sets of 30sec/1min on JH Group 2 (working for 10/12 mins apx ) Swap over Indian file work to club from White Horse street to TL / Cross and continue to Club  <span style="float: right;">Katie/Joe</span>	THURSDAY TRACK ATTLEBOROUGH Lead – Dave
23 <sup>rd</sup>	<b>Melton Road – Longer efforts – via track by Carpenters Barn</b> Longer efforts, work on pace maintenance and technique 6 x 3 mins recoveries apx 1 min  <span style="float: right;">Zoe +1</span>	THURSDAY TRACK ATTLEBOROUGH Lead – Tony
30 <sup>th</sup>	<b>Tolls Meadow – Speed session</b> Loops of speedwork. On whistle efforts  <span style="float: right;">Kim +1</span>	TBC – Jubilee Bank Holiday
<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- MAY 2022 - Club training

INTERMEDIATE GROUP - Week commencing	Session 1 - MONDAY	Session 2
2 <sup>nd</sup> May	Bank Holiday – No club	THURSDAY TRACK ATTLEBOROUGH Lead - Andrew
9 <sup>th</sup>	Strength & Endurance <b>Park Lane to Burnthouse Lane.</b> 6 x 1 min 4 x 2 mins 3 x 3 mins 2 x 4 mins All at your threshold with recovery's in-between. <b>6 ½ Miles</b>  <span style="float: right;">Tony</span>	THURSDAY TRACK ATTLEBOROUGH  Lead- Kevin
16 <sup>th</sup>	Endurance & Pace Management. <b>Melton Road to Wramplingham Road</b> 15 minutes @ ½ marathon pace, 5 x 90 seconds @ 5k pace, & 15 minutes at 10k pace. <b>6 miles</b>  <span style="float: right;">Alison</span>	THURSDAY TRACK ATTLEBOROUGH Lead – Dave
23 <sup>rd</sup>	Strength & Technique. Hill Session <b>Slopers Lane</b> 5 x 60 seconds 4 x 45 seconds 3 x 30 seconds efforts with recovery in between. <b>6 ½ miles</b>  <span style="float: right;">Kevin</span>	THURSDAY TRACK ATTLEBOROUGH Lead – Tony
30 <sup>th</sup>	Speed Endurance/VO2 Max. <b>Hethersett Road</b> 1:1, 1 min efforts x 8 2:1 1 minute efforts x 4 & 3:1 1 minute efforts x 2 <b>Approx. 6 miles.</b>  <span style="float: right;">Heath</span>	TBC – Jubilee Bank Holiday
<p>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</p>		

## ADVANCE GROUP - MAY 2022 - Club training

ADVANCE GROUP - Week commencing	Session 1 – MONDAY	Session 2
2 <sup>nd</sup> May	Bank Holiday – No Club	THURSDAY TRACK ATTLEBOROUGH Lead - Andrew
9 <sup>th</sup>	<b>Wrampingham Road loop</b> Warm up 2 miles Easy , 12 x 90 sec. @ slightly faster than 5k pace with 30 sec recovery , Cool down .  <b>Adam</b>	THURSDAY TRACK ATTLEBOROUGH Lead - Kevin
16 <sup>th</sup>	<b>Out towards Morley.</b> Warm up 2 miles Easy , 8 x 3 mins. @ slightly faster than 5k pace with 1 min. recovery. Cool down .  <b>Mark B</b>	THURSDAY TRACK ATTLEBOROUGH Lead – Dave
23 <sup>rd</sup>	<b>Pockthorpe mile loop</b> Warm up 2 miles Easy , 4 x 1 mile @ GOAL target 5k pace with 2 mins. recovery. Cool down.  <b>Mark T</b>	THURSDAY TRACK ATTLEBOROUGH Lead – Tony
30 <sup>th</sup>	Warm up 2 miles Easy , 12 x length of <b>Lady's Lane</b> @ Slightly faster than 5k pace with 30 sec. recovery from last runner . Hit 10th effort as hard as you can. Cool Down.  <b>Jet</b>	TBC – Jubilee Bank Holiday
<p>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</p>		