

DEVELOPMENT GROUP - June 2022 - Club training

DEVELOPMENT GROUP – WEEK COMMENCING	SESSION 1 - MONDAY	SESSION 2
6 th June	Warm up then 4 - 5 miles Fartlek Cycle Path to Hethersett (HCP)	THURSDAY TRACK ATTLEBOROUGH Lead – Mark T Jo +1
13 th	Ketts Park or Ayton Road Rec - Speedwork off road at leaders discretion	THURSDAY TRACK ATTLEBOROUGH Lead - Kim Richard +1
20 th	10 min Warm Up - then 4 min fast 90 secs jog recovery 2 min fast with 2 min jog recovery - 4 sets Warm down and Static stretches Melton Road towards track at Rugby Club Return via HCP	THURSDAY TRACK ATTLEBOROUGH Lead – Andrew Cindy +1
27 th	Warm up then Pyramid session 30 secs -hard 30 secs recovery 1 min hard with 1 min recover 90 sec hard with 1 min recovery 2 mins hard 1 min recovery 3 min hard with 3 min jog recovery 3 min hard with 90 secs jog recovery then back down the pyramid with same recovery London Road to Bradmans Lane (past fire station into layby leading to Bradmans Lane)	THURSDAY TRACK ATTLEBOROUGH Lead – Mark B Gemma +1
<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 - June 2022 - Club training

IMPROVERS GROUP – WEEK COMMENCING	Session 1 – MONDAY	Session 2
6 th June	Park Lane Warm up then 1 x 4 min effort with 2 min recovery, 2 x 3 min 1 min recovery between efforts 90 secs recovery after set 3 x 2 min as above 4 x 1 min as above <div style="text-align: right;">Dave + Wendy</div>	THURSDAY TRACK ATTLEBOROUGH Lead – Mark T
13 th	Wramplingham Road Warm up then Pyramid 1-2-3-4-3-2-1 with variable recovery <div style="text-align: right;">Wendy + (Dave away)</div>	THURSDAY TRACK ATTLEBOROUGH Lead - Kim
20 th	Warm up to Ayton Road Rec then 2 mins hard with 1 min recovery 3 mins x 30m shuttle runs in 3's Total 3 sets <div style="text-align: right;">Wendy +1 (Dave away)</div>	THURSDAY TRACK ATTLEBOROUGH Lead – Andrew
27 th	Warm up to Deep Lane then Hill session along Deep Lane Track <div style="text-align: right;">Dave + Wendy</div>	THURSDAY TRACK ATTLEBOROUGH Lead – Mark B
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 - June 2022 – Club training

PROGRESSION GROUP - week commencing	Session 1 – MONDAY	Session 2
6 th June	Stayground Lane 2 & 4 min efforts x 4/5 Easy pace/ walking pace recoveries	THURSDAY TRACK ATTLEBOROUGH Lead – Mark T
	Kim +1	
13 th	Bermuda Reverse pyramid, 4,3,2,1 – each effort increasing in speed. X 3	THURSDAY TRACK ATTLEBOROUGH Lead - Kim
	Ian	
20 th	Deep Lane Hill repeats – 2-3 min hills x 6/8 with recoveries – Directional speed.	THURSDAY TRACK ATTLEBOROUGH Lead – Andrew
	Katie / Joe	
27 th	Melton Road/Wramplingham Road Hills + speed – Following on from previous week.	THURSDAY TRACK ATTLEBOROUGH Lead – Mark B
	Zoe	
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		

INTERMEDIATE GROUP- JUNE 2022 - Club training

INTERMEDIATE GROUP - Week commencing	Session 1 - MONDAY	Session 2
6 th June	<p>Pace & Strength Wramplingham Road 6 x 90 sec @ effort pace with 60 sec recovery, then 10 minutes @ threshold. & repeat. 6+ miles.</p> <p style="text-align: right;">Alison</p>	<p>THURSDAY TRACK ATTLEBOROUGH Lead – Mark T</p>
13 th	<p>Strength & Agility. ‘Train to the Terrain’ Deep Lane/Youngmans Lane. On Road/Off Road session.</p> <p style="text-align: right;">Kev</p>	<p>THURSDAY TRACK ATTLEBOROUGH Lead- Kim</p>
20 th	<p>Strength & Technique. Hill Session Johnsons Farm Hill/Bradman’s Lane. Mixed effort lengths and RPE’s x 45 minutes approx. Approx. 6.5 miles</p> <p style="text-align: right;">Heath</p>	<p>THURSDAY TRACK ATTLEBOROUGH Lead – Andrew</p>
27 th	<p>Strength & Speed Lady’s Lane & Dykebeck. 1/2/3-minute efforts with 1 minute moving recovery in-between. Approx. 6.5 miles</p> <p style="text-align: right;">Tony</p>	<p>THURSDAY TRACK ATTLEBOROUGH Lead – Mark B</p>
<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 - JUNE 2022 - Club training

ADVANCE GROUP - Week commencing	Session 1 – MONDAY	Session 2
6 th June	Warm up 2 miles Easy , 6 x length of Bradman Lane @ Slightly faster than 5k pace with 45 sec. recovery from last runner . Hit 4th effort as hard as you can. Cool Down. Mark T	THURSDAY TRACK ATTLEBOROUGH Lead – Alison
13 th	Warm up 2 miles Easy , 5 miles Country fartlek (mixed speeds and distances) Cool Down. Mark B	THURSDAY TRACK ATTLEBOROUGH Lead - Kim
20 th	2m W/ up Reverse Ladder - 6min, 5, 4, 3, 2, 1 Gradually increasing pace from 10k - 3k (2min rec each) 2m C/ Down Silfield/ Wymondham Road (towards Wreningham) Adam	THURSDAY TRACK ATTLEBOROUGH Lead – Andrew
27 th	2m W/ up 5x Right Up Lane Hills Effort up hill and continue to bridge (1min rec) Effort back down to roundabout (1min Rec) 2m C/ down Rightup Lane Jet	THURSDAY TRACK ATTLEBOROUGH Lead – Mark B
<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>		