

DATE	Session	Leader	Description
06/08/19	Interval Steady run	Martin Various	Fartlek over 5 – 6 miles 5 – 7 miles from Leisure Centre all paces
08/08/19	Steady run	Various	5 – 7 miles from Leisure Centre all paces
13/08/19	Interval Steady run	Martin Various	6 x 2 mins 1 min recovery 5 – 7 miles from Leisure Centre all paces
15/08/19	Intervals – South Beach Steady run	Josh Various	Meet at Leisure World at 6.15 5 – 7 miles from Leisure Centre all paces
18/08/19	Escrick 10km	Race	Summer League race
20/08/19	Interval Steady run	Martin Various	1,2,3, 3,2,1 same recovery all paces 5 – 7 miles from Leisure Centre all paces
22/08/19	Hill Reps Steady run	Josh Various	Christmas Hill – Meet at Boynton Church 6.15 5 – 7 miles from Leisure Centre all paces
27/08/19	Interval Steady run	Martin Various	1's and 2's 5 – 7 miles from Leisure Centre all paces
29/08/19	Steady Run	Various	5 – 7 miles from Leisure Centre all paces
03/09/19	Interval Steady run	Martin Various	Fartlek to include sneak preview of beach race course 5 – 7 miles from Leisure Centre all paces
05/09/19	Away Run		Scarborough
10/09/19	The Eddie Knapp Challenge – Day 1	Race	5km beach race. Meet at lifeguard station down slope from park and ride. 7pm start
11/09/19	The Eddie Knapp Challenge – Day 2	Race	Hill race Carnaby. Meet at Ferns Farm for a 7pm start
12/09/19	The Eddie Knapp Challenge – Day 3	Race	1 mile race Beaconsfield Prom. Meet at Constable Handicap start for first race at 7pm
13/09/19	The Eddie Knapp Challenge – Day 4	Race	Kilham 10km. Kilham village hall. Bring food for after. 7Pm start
17/09/19	Steady run Interval	Various Martin	5 – 7 miles from Leisure Centre all paces Kenyan Hillsbut in Brid!!
19/09/19	Steady run	Various	5 – 7 miles from Leisure Centre all paces
24/09/19	Steady run	Various	5 – 7 miles from Leisure Centre all paces
26/09/19	Hill Reps Steady run	Josh Various	South Landing – Meet there at 6.15 5 – 7 miles from Leisure Centre all paces
29/09/19	Scarborough 10km	Race	Summer League
01/10/19	Steady run Interval	Various Martin	5 – 7 miles from Leisure Centre all paces 1,2,3,3,2,1 Intervals
03/10/19	Steady run	Various	5 – 7 miles from Leisure Centre all paces
06/10/19	Bridlington Half	Race	If you're not running help needed!!

08/10/19	Interval Steady run	Martin Various	7 x 2 min 1 min recovery 5 – 7 miles from Leisure Centre all paces
10/10/19	Steady run	Various	5 – 7 miles from Leisure Centre all paces
13/10/19	EYXC	Race	Bishop Wilton XC
15/10/19	Steady run Interval	Various Martin	5 – 7 miles from Leisure Centre all paces 3 mins out and back
17/10/19	Hill Reps Steady run	Josh Various	Danes Dyke – Meet in car park 6.15 bring a head torch 5 – 7 miles from Leisure Centre all paces
22/10/19	Steady run	Various	5 – 7 miles from Leisure Centre all paces
24/10/19	Steady run	Various	5 – 7 miles from Leisure Centre all paces
29/10/19	Steady run	Various	5 – 7 miles from Leisure Centre all paces
31/10/19	Steady run	Various	5 – 7 miles from Leisure Centre all paces

All evening runs will start at 18.30 from the Leisure Centre unless otherwise stated

Steady Runs

These should be run at a pace that allows you to talk without gasping for breath!

On steady runs faster runners will be expected to come back beyond the slowest runner of that group

INTERVALS

The interval sessions are aimed at all paces. They will take place on a short circuit where no-one can get lost and will always have another runner in sight. The sessions are aimed at increasing speed and will help your pace in races over all distances. The distance covered in an interval session may well be less than a steady run but you will have worked harder. Each session will be explained fully on the night

Fast runners must come back after each effort to the back of the group. Where it is longer efforts these runners should start quite a way back so the group does not become too split up.

The recovery, within an interval session, is as important as the effort itself. You would be aiming to run the effort at your 5km pace and your recovery will be your marathon pace or slightly slower. If you have not done intervals before you will quickly realise it's important to pace yourself

Ideally a good ten minute warm up should take place, at a steady pace, prior to the session and at the end at least a 10 minute warm down