

DATE	Session	Leader	Description
03/02/19	X Country training	Josh	Sewerby x country course
05/02/19	Interval Steady run	Martin Various	1min Hard 1 recovery x 12 all paces 5 – 7 miles from Leisure Centre all paces
07/02/19	Steady run	Various	5 – 7 miles from Leisure Centre all paces
10/02/19	EYXC	Race	Welton Dale
12/02/19	Interval Steady run	Martin Various	5 x 2 mins 1 min recovery all paces 5 – 7 miles from Leisure Centre all paces
14/02/19	Steady run	Various	5 – 7 miles from Leisure Centre all paces
17/02/19	Club Handicap	Race	3 Mile handicap
19/02/19	Steady Run Interval	Various Martin	5 – 7 miles from Leisure Centre all paces 1, 2, 3, 3, 2,1 same recovery all paces
21/02/19	Steady run	Various	5 – 7 miles from Leisure Centre all paces
26/02/19	Steady run Interval	Various Martin	5 – 7 miles from Leisure Centre all paces 4 – 5 mile Fartlek all paces
28/02/19	Steady run	Various	5 – 7 miles from Leisure Centre all paces
03/03/19	EYXC	Race	X Country at Sewerby
05/03/19	Steady run Interval	Various Martin	5 – 7 miles from Leisure Centre all paces Kenyan Hillsbut in Brid!!
07/03/19	Steady run	Various	5 – 7 miles from Leisure Centre all paces
12/03/19	Steady run Interval	Various Martin	5 – 7 miles from Leisure Centre all paces 3 min out 3 min back x 3
14/03/19	Steady run	Various	5 – 7 miles from Leisure Centre all paces
19/03/19	Steady run Interval	Various Martin	5 – 7 miles from Leisure Centre all paces Hill session
21/03/19	Steady run	Various	5 – 7 miles from Leisure Centre all paces
26/03/19	Recovery Run Interval	Various Martin	5 – 7 miles from Leisure Centre all paces 2x3, 3x2 & 4x1 same recovery all paces
28/03/19	Steady run	Various	5 – 7 miles from Leisure Centre all paces
02/04/19	Steady run Interval	Various Martin	5 – 7 miles from Leisure Centre all paces 4 x 2 x 2 + 4 x 1 all paces
04/04/19	Steady run	Various	5 – 7 miles from Leisure Centre all paces
07/04/19	Hornsea 1/3 rd Marathon	Race	First of summer series 1/3 rd marathon
09/04/19	Steady run Interval	Various Martin	5 – 7 miles from Leisure Centre all paces Hill session (not a Kenyan one!) all paces
11/04/19	Steady run	Various	5 – 7 miles from Leisure Centre all paces
16/04/19	Steady run Interval	Various Martin	5 – 7 miles from Leisure Centre all paces Ted Rogers (3,2,1,1,2,3,3,2,1,) all paces
18/04/19	Steady run	Various	5 – 7 miles from Leisure Centre all paces
19/04/19	Brid 5 Mile Dash	Race	Part of summer series

23/04/19	Steady run Interval	Various Martin	5 – 7 miles from Leisure Centre all paces 4 – 5 mile Fartlek all paces
25/04/19	Steady run	Various	5 – 7 miles from Leisure Centre all paces
30/04/19	Steady run Interval	Various Martin	5 – 7 miles from Leisure Centre all paces Paarluff session all paces

All evening runs will start at 18.30 from the Leisure Centre

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

NB