

<b>DATE</b>	<b>Session</b>	<b>Leader</b>	<b>Description</b>
22/11/18	Head Torch Run Steady run	Josh Various	Off road head torch run on old Christmas hill @ Boynton. Meet @ 6.10 warm up session starts at 6.30 5 – 7 miles from Leisure Centre all paces
27/11/18	<i>Hill Sprints</i> Interval Steady run	<i>Mollie</i> Martin Various	<i>6 – 8 hill sprints up Limekiln Lane. Meet Leisure Centre</i> 5 x 2 mins 1 min recovery all speeds 5 – 7 miles from Leisure Centre all paces
29/11/18	Steady run	Various	5 – 7 miles from Leisure Centre all paces
02/12/18	EYX Country	Race	Langdale end
04/12/18	Recovery Run Interval	Various Martin	5 – 7 miles from Leisure Centre all paces 1, 2, 3, 3, 2,1 same recovery all paces
05/12/18	<i>Steps Strengthening</i>	<i>Mollie</i>	<i>Bridlington North Library 10.30am</i>
06/12/18	Steady run	Various	5 – 7 miles from Leisure Centre all paces
09/12/18	X Country training	Josh	10.00am meet at Kilham duck pond
11/12/18	Steady run Interval	Various Martin	5 – 7 miles from Leisure Centre all paces 4 – 5 mile Fartlek all paces
13/12/18	Steady run	Various	5 – 7 miles from Leisure Centre all paces
16/12/18	Xmas handicap		Kilham village Hall
18/12/18	Steady run Interval	Various Martin	5 – 7 miles from Leisure Centre all paces Kenyan Hills ....but in Brid!!
20/12/18	Steady run	Various	5 – 7 miles from Leisure Centre all paces
24/12/18	Christmas Half Run		Run round the half marathon route followed by refreshments
27/12/18	Steady run	Various	5 – 7 miles from Leisure Centre all paces
30/12/18	X Country training	Josh	10.00am start meet @ Sewerby Hall car park
03/01/19	Steady run	Various	5 – 7 miles from Leisure Centre all paces
06/01/19	EYXcountry	Race	Sledmere
08/01/19	Recovery Run Interval	Various Martin	5 – 7 miles from Leisure Centre all paces 2x3, 3x2 & 4x1 same recovery all paces
10/01/19	Steady run	Various	5 – 7 miles from Leisure Centre all paces
15/01/19	Steady run Interval	Various Martin	5 – 7 miles from Leisure Centre all paces 4 x 2 x 2 all paces
17/01/19	Steady run	Various	5 – 7 miles from Leisure Centre all paces
22/01/19	Steady run Interval	Various Martin	5 – 7 miles from Leisure Centre all paces Hill session (not a Kenyan one!) all paces
24/01/19	Steady run	Various	5 – 7 miles from Leisure Centre all paces
29/01/19	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

## **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 – Sessions indicated in italics are supplementary to the core programme*