

DATE	Session	Leader	Description
03/08/21	Structured Steady run	Martin Various	3 mins out & Back 5 – 7 miles from Leisure Centre all paces
10/08/21	Structured Steady run	Martin Various	11 x (1 min hard, 1 min recovery) x 2 with 3 min between sets 5 – 7 miles from Leisure Centre all paces
17/08/21	Beach Race Recce Steady run	Martin Various	South Beach Meet at Park & Ride at 6.15 5 – 7 miles from Leisure Centre all paces
24/08/21	Structured Steady run	Martin Various	Ted Rogers session 5 – 7 miles from Leisure Centre all paces
31/08/21	Structured Steady run	Martin Various	Hills.....Location TBC 5 – 7 miles from Leisure Centre all paces
07/09/21	The Eddie Knapp Challenge – Day 1	Race	Hill race Carnaby. Meet at Ferns Farm for a 6.45 pm start
08/09/21	The Eddie Knapp Challenge – Day 2	Race	5km beach race. Meet at lifeguard station down slope from park and ride. 6.45 pm start
09/09/21	The Eddie Knapp Challenge – Day 3	Race	1 mile race Beaconsfield Prom. Meet at Constable Handicap start for first race at 7 6.45 pm
10/09/21	The Eddie Knapp Challenge – Day 4	Race	Kilham 10km. Kilham village hall. Bring food for after. 6.30 pm start
14/09/21	Structured Steady run	Martin Various	2 x (4h,3r) + 3 x (4h,2r) 5 – 7 miles from Leisure Centre all paces
21/09/21	Structured Steady run	Martin Various	Paarluff Session 5 – 7 miles from Leisure Centre all paces
28/09/21	Structured Steady run	Martin Various	3 x 3, 4 x2, 5 x 1 same recovery 5 – 7 miles from Leisure Centre all paces
05/10/21	Structured Steady run	Martin Various	6 x (2h,1r) x 2 with 3 mins between sets 5 – 7 miles from Leisure Centre all paces
12/10/21	Structured Steady run	Martin Various	Countdown (4h,2r,3h,2r,2h,2r,1h,1r) x 2 5 – 7 miles from Leisure Centre all paces
19/10/21	Structured Steady run	Martin Various	Fartlek 6 – 7 miles 5 – 7 miles from Leisure Centre all paces
26/10/21	Structured Steady run	Martin Various	5 x (1h,1r,3h, 3r) 5 – 7 miles from Leisure Centre all paces

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

Please ensure that you have completed a health screening form prior to taking part in a training session

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