

<b>DATE</b>	<b>Session</b>	<b>Leader</b>	<b>Description</b>
04/05/21	Structured Steady run	Martin Various	5 x 2h, 2r & 5 x 1h, 1r 5 – 7 miles from Leisure Centre all paces
11/05/21	Structured Steady run	Martin Various	Ted Rogers 3,2,1,1,2,3,3,2,1 5 – 7 miles from Leisure Centre all paces
13/05/21	VSL East Park 4 miles	Race	
18/05/21	Structured  Social	Martin  Various	5 – 6 miles fartlek, meet Danes Dyke car park for a 6.30 start 5 – 7 miles from Leisure Centre all paces
25/05/21	Structured Steady run	Martin Various	2 x (4h, 3r) + 3 x (4h, 2r) 5 – 7 miles from Leisure Centre all paces
27/05/21	VSL Leven 10k	Race	
01/06/21	Structured  Steady run	Martin  Various	10 x 1 minute hard with 1 minute recovery x 2 sets with 3 mins recovery between sets. 5 – 7 miles from Leisure Centre all paces
08/06/21	Structured  Steady run	Martin  Various	Hill session at Boynton - meet by the church at 6.15pm for a 6.30pm start. 5 – 7 miles from Leisure Centre all paces
10/06/21	VSL Sproatley 7	Race	
15/06/21	Structured Steady Run	Martin Various	3 x 3, 3 x 2, 5 x 1 same recovery 5 – 7 miles from Leisure Centre all paces
22/06/21	Structured Steady Run	Martin Various	Paarluff session all paces 5 – 7 miles from Leisure Centre all paces
24/06/21	VSL Coniston 10k	Race	
29/06/21	Structured Steady run	Martin Various	Countdown (4h,2r,3h,2r,2h,2r,1h,1r) x2 5 – 7 miles from Leisure Centre all paces
06/07/21	Structured Steady run	Martin Various	5 x (2h,2r) x 2 5 – 7 miles from Leisure Centre all paces
08/07/21	VSL Skirlaugh 8	Race	
13/07/21	Structured Steady run	Martin Various	3 x (3h,2r) x 2 & 4 x (1h,1r) 5 – 7 miles from Leisure Centre all paces
20/07/21	Structured Steady run	Martin Various	Kenyan Hills ....but in Brid!! 5 – 7 miles from Leisure Centre all paces
22/07/21	VSL Hedon 4	Race	
27/07/21	Structured Steady run	Martin Various	Fun Relays!! All paces 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