

<b>DATE</b>	<b>Session</b>	<b>Leader</b>	<b>Description</b>
02/11/21	Structured Steady run Walk &Talk	Martin Various Various	3 x (3H,3R) 4 x (2H,2R), 5 x (1H,1R) 5 – 7 miles 3 – 4 miles
09/11/21	Structured Steady run Walk &Talk	Martin Various Various	5 x (1H,1R) + 2 x (3H,1R,3H,1R,3H) 5 – 7 miles 3 – 4 miles
16/11/21	Structured Steady run Walk &Talk	Martin Various Various	Kenyan Hills 5 – 7 miles 3 – 4 miles
23/11/21	Structured Steady run Walk &Talk	Martin Various Various	Ted Rodgers 1,2,3,3,2,1,1,2,3,3,2,1 5 – 7 miles 3 – 4 miles
30/11/21	Structured Steady run Walk &Talk	Martin Various Various	6 x (2H, 2R) + 6 x (2H,1R) 5 – 7 miles 3 – 4 miles
07/12/21	Structured Steady run Walk &Talk	Martin Various Various	3 mins out and back 2 min R x 4 5 – 7 miles 3 – 4 miles
14/12/21	Structured Steady run Walk &Talk	Martin Various Various	4 x (3H,2R) + 6 x (2H, 1R) 5 – 7 miles 3 – 4 miles
21/12/21	Structured Steady run Walk &Talk	Martin Various Various	Fartlek over 5 -6 miles 5 – 7 miles 3 – 4 miles
28/12/21	Structured Steady run Walk &Talk	Martin Various Various	Countdown (4h,2r,3h,2r,2h,2r,1h,1r) x 2 5 – 7 miles 3 – 4 miles
04/01/22	Structured Steady run Walk &Talk	Martin Various Various	12 x (1h,1r) x 2 with 3 min between sets 5 – 7 miles 3 – 4 miles
11/01/22	Structured Steady run Walk &Talk	Martin Various Various	Ted Rodgers 1,2,3,3,2,1,1,2,3,3,2,1 5 – 7 miles 3 – 4 miles
18/01/22	Structured Steady run Walk &Talk	Martin Various Various	3 x (3H,3R) 4 x (2H,2R), 5 x (1H,1R) 5 – 7 miles 3 – 4 miles
25/01/22	Structured Steady run Walk &Talk	Martin Various Various	Hill session 5 – 7 miles 3 – 4 miles

**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 and informed Martin Hutchinson of the**

## **session you want to attend**

### **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

### **WALK & TALK**

This will be led by various people and does what it says. It's there for people who are injured, or getting back from injury, those who don't fancy running that night and just generally a chance to catch up with your club mates and see how each other are doing. Winter months could involve flasks of hot chocolate!