

GLAXO HOAD HILL HARRIERS

Thursday Night Coaching Plan - Summer 2019

Overall Focus – building speed (whilst maintaining strength) for summer 10k races

These sessions will cater for anyone new to interval work through to experienced athletes – we'll help you get into the right group and help you move between groups at the right time.

Safety – Let the coach/run leader know if you need to drop out early, and take it easy if you are racing soon, recovering or not feeling 100%

	Intermediate and Advanced Groups				Starters Group			
Date	Venue	Session	Session Objective	Coaching focus	Venue	Session	Session Objective	Coaching focus
25 th Apr	GSK Sports field	10 x 400m matched pairs – Chasing start, slow jog recovery	Pace increase	Form - posture	GSK Sports field	12 x 90 sec	Speed	Pace control
2 nd May	GSK Sports field	Pyramid 2x200m, 2x400m, 800m, 1m, 800, 2x400, 2x200. Active jog recoveries	Maintaining pace	Form – active leg recovery	GSK Sports field	2 x 2 miles	Stamina	Pace judgement
9 th May	GSK Sports field	Overlapping 800m figure of 8 in matched pairs x 6	Working together	Stride	GSK Sports field	10 x 400m	Speed/endurance	Form & pace
16 th May	GSK Sports field	Run From your cone to “the point” 8 x 2 min. 90s recovery	Pacing	Arms	GSK Sports field	4 x 200, 4 x 400, 4 x 200	Speed	Pace control
23 rd May	GSK Sports field	6-8 reps ending downhill on the banking, jog recovery	Tackling hills	Descending		5k Time Trial	Progress check	Pace judgement
29 th May	Birkrigg Fell Race 18:45							
30 st May	GSK Sports field	3 x 1 mile, 3 x 1 min, 3 x 100m walk/jog recovery	Strong, fast finish on tired legs	Maintaining form while climbing	GSK sports field	Pyramid 200m, 400m, 600m, 800m, 600m, 400m, 200m	Speed/endurance	Form & pace

GLAXO HOAD HILL HARRIERS

6 th Jun	GSK Sports field	4 x 400, 2 x 800, 4 x 400		Form – posture (helium balloon!)	GSK Sports field	3 x 1 mile	Speed	Pace judgement
13 th Jun	GSK Sports field	12 x 400m matched pairs – Chasing start	Pace increase	Form – active leg recovery	GSK Sports field	5 x figure of 8's	Speed/hills	Style
20 st Jun	GSK Sports field	Pyramid 2x100m, 2x200m, 2x400, 800m, 1k, 800m 2x400, 2x200, 2x100m. Active jog recoveries	Speed	Form – Stride	GSK Sports field	10 x 2 mins	Speed	Pace control
27 th Jun	Club 10k Chasing Handicap Championships Normal 10k course							
4 th July	Hoad Hill Fell Race 19:00							
11 th July	GSK Sports field	2 x 2 miles aiming for 3 negative splits	Pace judgement	Upright posture	GSK Sports field	2 x half mile, 2 x 1 mile	Endurance	Pace control
18 th July	GSK Sports field	2 mile time trial. Long warm up and warm down	Progress check	Pacing – aim for negative split and form overall		5k time trial	Progress check	Pace judgement