

GLAXO HOAD HILL HARRIERS

Thursday Night Senior Coaching Plan, Oct – Jan Q4 2018

Overall Focus – stamina and endurance for Cross Country and early Marathon preparation ready for next Spring

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 – Don't forget high viz clothing, 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
11 th Oct	Siemens Ind Estate	12 x 1 minute (400m for those not racing). 1m recovery	Pre-XC easy session	Stride and knee lift	Priory Road	Lamp-posts intervals	Pace/stamina	Form
13 th Oct – Mid Lancs Cross Country								
18 th Oct	Lyndhurst Road	10 hill reps (300m). Short side recovery	Climbing & stamina	Active leg recovery	Priory Road	1,2,3,2,1 min out and backs	Pace/stamina	Form
25 th Oct	Conishead Road OR the Triangle	10 -12 hill reps, back down to recover OR 6 x 1k	Climbing & stamina	Upright posture	Cross Lane	8 off sprints	Speed	Form
1 st Nov	Belmont, Greenbank	5-6 hill reps. Recovery back down the hill	Strong climbing	Arm drive	Lyndhurst Road	8 hill reps (300m). Short side recovery	Hills/stamina	Climbing & descending
8 th Nov	Lyndhurst Road	12-14 hill reps (300m). Short side recovery	Strong descending	Active leg recovery	Siemens Ind Estate	12x1 minute, 1m recovery	Speed/stamina	Form
15 th Nov	Siemens Ind Estate	6 x 800m, 2 min recovery. 10k pace to finish	Each rep 2s faster	Stride and knee lift	Memorial Gardens	10 Double laps with ½ lap recovery	Pace/stamina	Form
18 th Nov – Brampton to Carlisle 10 mile road race								
22 nd Nov	Siemens Ind Estate	12 x 1 minute (400m for those not racing). 1m recovery	Pre-XC easy session	Active leg recovery	Ford Park Road	5 up, 5 down	Pace Endurance	Climbing and descending

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24 th Nov – Mid Lancs Cross Country								
29 th Nov	Siemens Ind Estate	12x1 minute (400m for those not racing). 70s recovery	Pre-10k easy session	Upright posture	Priory Road	Extended lamp-post intervals	Endurance, pace change	Stride, form
2 nd Dec – GHHH Christmas Pudding 10k race								
6 th Dec	Priory Road	Whistle returns. 6 x 3min, 90s rests	Arm drive	Pacing – Same distance each rep	Siemens Ind Estate	End to end relay	Pace/stamina	Form
8 th Dec – Mid Lancs Cross Country								
13 th Dec	Canal Foot to NL Rd	6 x 800m, 2 min recovery 5k pace to finish	Pacing. Each rep 2s faster		Triangle	4 Double laps running sides	Hills, Stamina, pace, endurance	Stride, form
20 th Dec	Triangle	6 x 1k triangles, 1 long side recovery	Stamina	Form	Morecambe Road	6x800m, 2 min recovery 5k pace to finish	Endurance	Pacing
Christmas & New Year break – don't forget the Fancy Dress Blind Handicap on Boxing Day								
3 rd Jan	Morecambe Road	2x1 mile in trains then 4x1 minute	Working together	Strong finishing	Priory Road	Lamp-post Intervals	Gentle start to new year	Form
10 th Jan	Siemens Ind Estate	12x1 minute (400m for those not racing). 70s recovery	Pre-XC easy session	Stance	North Lonsdale Road	10 x 400m	Steady to fast	Form, stride, breathing
12 th Jan – Mid Lancs Cross Country								
17 th Jan	Siemens Ind Estate	Pyramid 2x200m, 2x400m, 800m, 1m, 800, 2x400m, 2x200m. Rests 1m after 200m & 400m, otherwise 2m	Endurance	Stride	Siemens Ind Estate	200 m relays	Speed endurance	Form, stride, breathing
24 th Jan	North Lonsdale Road	2 mile time trial	Progress check	Pacing – aim for negative split	Lyndhurst Road	10 Hill reps. Short side recovery	Hills/stamina	Climbing and descending form