

**Thursday Night Coaching Plan Q3 2018**

Overall Focus – maintaining speed for summer 10k races gradually building stamina and strength for the XC season.

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%.**

**Don't forget Hi-Viz clothing mid September onwards.**

	Intermediate and Advanced Groups				Starters Group			
Date	Venue	Session	Session Objective	Coaching focus	Venue	Session	Session Objective	Coaching focus
5 Jul	Ford Park	<b>Hoad Hill Fell Race – No Interval Sessions</b>						
12 Jul	GSK Sports Club	<b>HHH Club Championship Handicap 10k – No Interval Sessions</b>						
19 Jul	GSK Sports field	12 x 400m matched pairs – Chasing start	Pace increase	Active leg recovery	GSK Sports Field	Hill Sprints, 12 x 100ish m	Speed	Running form and speed
26 Jul	GSK Sports field Alternatively Tom Es' session	Pyramid 2x100m, 2x200m, 2x400, 2x800m, 2x400, 2x200, 2x100m. Jog recoveries between starts	Maintaining pace	Arm drive	Siemens Estate	Relay Form to be selected on the night	Speed stamina	Form and sustained effort
2 Aug	GSK Sports field	Overlapping 6 x 800m figure of 8 in matched pairs	Working together	Upright posture	GSK Sports Field	2 x 200 and 4 x 800 m	Pace control	Form and sustained effort
9 Aug	GSK Sports Field	8 reps ending downhill on the banking	Tackling hills	Descending	GSK Sports Field	15 x 100 m	Speed	Speed
16 Aug	GSK Sports field	6 x 800m, Jog recovery	Stamina	Pace increase	GSK Sports Field	6 off full laps of field	Speed Endurance	Speed and stamina

GLAXO HOAD HILL HARRIERS

22 Aug	<b>GHHH Summer 10k Race</b>							
23 Aug	GSK Sports field	10min x 400m, 10 min x 200m, 10 min x 400m In matched pairs relay style			Morecambe Road	1 mile Trains, 2 off	Stamina	Pace change/ pace control
30 Aug	Knothallow Murder, Maniac mile	2 x 1 mile, 4 by 1 min and 4 x 100m	Strong, fast finish on tired legs		GSK Sports Field	Run and Drops, 10 off by 90 secs	Speed management	Form and pace stamina
5 Sep	<b>GHHH Charter 5k Race</b>							
6 Sep	GSK Sports field	12 x 400m matched pairs – Chasing start	Pace increase	Arm drive	GSK Sports Field	12 x 400m, jog recovery	Speed stamina	Form
13 Sep	GSK Sports field or Siemens Estate	Pyramid 2x200m, 2x400m, 800m, 1 mile, 800, 2x400, 2x200. Jog recoveries	Speed	Active leg recovery	Siemens Estate	8 off end to ends	Pace endurance	Form
20 Sep	Siemens Estate	14 x 400m 1 min recovery	Stamina	Sustained effort	Memorial Garden	10 double laps with ½ lap recovery	Pace control	Pacing – aim for equal splits
27 Sep	Belmont/ Greenbank	5 reps, jog back to recover	Stamina	Hill Reps	Triangle	Alternative side efforts and rests, 4 sets	Pace and strength	Form and pace stamina
2 Oct	North Lonsdale Road	3k time trial. Long warm up and warm down	Progress check	Pacing – aim for negative split	Station approach	12 off double length sprints	Sustained speed	Speed