

GLAXO HOAD HILL HARRIERS

**Spring: Thursday Night Senior Coaching Plan Q1 2018**

Overall Focus – stamina and endurance for Cross Country, Coniston 14 and Marathon preparation

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
1 <sup>st</sup> Feb	Triangle	6 x 1 lap with 1 long side recovery	Form	Pacing	Siemens Ind Estate	8 Quarters	Hills/stamina Jog 2miles	Form and pace
8 <sup>th</sup> Feb	North Lonsdale Road	2 x 2 miles. Jog recovery back to the start.	Pacing. Aiming for negative splits throughout	Stamina	Morecambe Road	Lampost intervals	Speed 2's, jog/10k/5k	Pace Change
15 <sup>th</sup> Feb	Siemens Ind Estate	12 x 1 minute. 70s recovery	Pre-XC easy session.	Stance	Triangle	Running sides with side recovery. 2 or 3 loops 1 for cross-country participants	Speed stamina	Pace stamina
17 <sup>th</sup> Feb – Mid Lancs Cross Country								
22 <sup>nd</sup> Feb	Triangle	4 x 1k then 1 x 1mile Alternate starts at GSK end and Cross Lane. 1 long side recovery	Pacing – working in small groups	Stamina	Memorial Gardens	12 laps with ½ lap recovery	Speed stamina W/J 3/1	Pace stamina
1 <sup>st</sup> Mar	Siemens Ind Estate	Whistle returns 12 x 1 minute. 70s. recovery	Pre-XC easy session	Stance	Triangle	Running sides with side recovery 3 laps. 1 lap for cross-country participants	Speed stamina Jog 2miles	Form
3 <sup>rd</sup> Mar – Mid Lancs Cross Country								

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8 <sup>th</sup> Mar	Belmont, Greenbank	5-7 hill reps (300-400m). Recovery back down the hill	Hills/stamina	Form	Siemens Ind Estate	15 off Relays, about 100 m	Hills/stamina Jog 2 miles	Form and speed
15 <sup>th</sup> Mar	Siemens Ind Estate	6x800m overlapping relays with partner. Aim for 10k pace to finish	Endurance	Working together	Memorial Gardens	10 double laps with ½ lap recovery	Speed Endurance	Form
22 <sup>nd</sup> Mar	Lyndhurst Road	12 hill reps (300m). Short side recovery	Hills/stamina	Stance	Siemens Ind Estate	Partner Relay 8 10 laps of ~200m	Speed form	Pace change/pace control
24 <sup>th</sup> March Coniston 14								
25 <sup>th</sup> March Clocks go forward – move to the GSK sports field when dry & light enough								
29 <sup>th</sup> Mar	Siemens Ind Estate	Pyramid 2x200m, 2x400m, 800m, 1m, 800, 2x400m, 2x200m. Rests 1m after 200m & 400m, 2m after	Endurance	Stride	Morecambe road	10 x 400m	Pace endurance	Form and pace stamina
5 <sup>th</sup> Apr	Shoulder of Hoad	4-6 hill reps (500m ish!). Recovery back along A590	Hills/stamina	Climbing & descending	Siemens Ind Estate	16 hill reps up and down, 1min rest	Hills/stamina	Climbing & descending
12 <sup>th</sup> Apr	GSK Sports field	6x800m, 2 min recovery 5k pace to finish	Endurance	Pacing. Each rep 2s faster	GSK Sports field	Pyramid 100, 200, 400, 800, 400, 200, 100m with jog back	Pace endurance Jog 3 laps of field	Form
19 <sup>th</sup> Apr	North Lonsdale Road or GSK Sports field	2 mile time trial	Progress check	Pacing – aim for negative split	GSK sports field	12 x 200m with jog back	Speed	Pacing – aim for equal splits