

GLAXO HOAD HILL HARRIERS

SENIORS: Thursday Night Coaching Plan – Summer 1. 2018

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
26 th Apr	GSK Sports field	10 x 400m matched pairs – Chasing start	Pace increase	Form - posture	GSK Sports field	6 x 400m jog recovery	Speed	Form and balance of effort
3 rd May	GSK Sports field	Pyramid 2x200m, 2x400m, 800m, 1 mile, 800, 2x400, 2x200. Active jog recoveries	Maintaining pace	Arms	GSK Sports field	2 min efforts from base line to own cone and back 10 off	Speed stamina	Form and constant effort
10 th May	GSK Sports field	Overlapping 800m figure of 8 in matched pairs x 6	Working together	Stride	GSK Sports field	Hill Sprints, 10 x 100ish m	Speed	Running form and speed.
17 th May	The Bay! (or the field) Tide, channel and weather dependent!	Run From your cone to "the point". 6-8 x 2 min. 90s recovery	Fast and fun		Memorial Gardens	10 double laps with ½ lap recovery	Speed stamina	Pace Change
24 th May	GSK Sports field	6-8 alternate long and short reps ending downhill on the banking	Tackling hills	Descending	GSK Sports field	8 x 400 m jog recovery, accelerating from first to last.	Pace control	Form and speed change

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31 st May	GSK Sports field	2 x 2 miles, 4 mins recovery	Stamina	Maintaining form while climbing	GSK sports field	Relays, ~200 m	Hills/stamina	Form and speed
7 th Jun	Canal and GSK Sports field	2 x 1 mile (team time trial style!), 4 by 1 min and 4 x 100m	Strong, fast finish on tired legs	Form – posture	GSK Sports field	Slag bank laps, 6 off	Speed Endurance	Pace Change
14 th Jun	GSK Sports field	12 x 400m matched pairs – Chasing start	Pace increase	Form – Arms	Morecambe Road	1 mile Trains, 2 off	Stamina	Pace change/ pace control
21 st Jun	GSK Sports field	Pyramid 2x100m, 2x200m, 2x400, 800m, 1k, 800m 2x400, 2x200, 2x100m. Active jog recoveries	Speed	Form – Stride	GSK Sports field	Pyramid 100, 200, 400, 800, 800, 400, 200, 100.	Speed management	Form and pace stamina
29 th Jun	North Lonsdale Road or GSK Sports field	2 mile time trial. Long warm up and warm down	Progress check	Pacing – aim for negative split and form overall	GSK Sports field	8 x 400m, jog recovery	Speed stamina	Form