

**Thursday Night Coaching Plan Q4 2019**

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
10 <sup>th</sup> Oct	North Lonsdale Rd	2 x 2 miles	3 Negative splits	Pacing	Triangle			
17 <sup>th</sup> Oct	Lyndhurst Road	10 hill reps (300m). Short side recovery	Climbing & stamina	Active leg recovery	Siemens Ind Est	Pyramid 200, 400,600,800, 600,400,200	Speed & endurance	Pace control
24 <sup>th</sup> Oct	Triangle	6 x 1k triangles, 1 long side recovery		Upright posture	Morecambe Road	12 x 90secs Rest 90secs	Speed	Pace control
31 <sup>st</sup> Oct	Belmont, Greenbank	5 hill reps. Recovery back down the hill	Strong climbing	Arm drive	North Lonsdale Rd	3 x 1mile	Speed & endurance	Form & pace
7 <sup>th</sup> Nov	Lyndhurst Road	12-14 hill reps (300m). Short side recovery	Strong descending	Active leg recovery	Siemens Ind Est	8 x 600m	Speed & endurance	Pace judgement
9 <sup>th</sup> Nov – Mid Lancs Cross Country								
14 <sup>th</sup> Nov	Siemens Ind Estate	6 x 800m, 2 min recovery. 10k pace to finish	Each rep 2s faster	Stride and knee lift	Memorial Gardens	1 lap/2 lap/3 lap x3 with 1/2lap/1lap recovery	Speed & endurance	Pace judgement
17 <sup>th</sup> Nov – Brampton to Carlisle 10 mile road race								
21 <sup>st</sup> Nov	Siemens Ind Estate	12 x 1 minute (400m for those not racing). 1m recovery	Pre-XC easy session	Active leg recovery	Morecambe Rd	2 x 2 miles	Stamina	Pace control
23 <sup>rd</sup> Nov – Mid Lancs Cross Country								

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28 <sup>th</sup> Nov	Siemens Ind Estate	12x1 minute (400m for those not racing). 70s recovery	Pre-10k easy session	Upright posture	Morecambe Rd	1min, 2 min, 3 min x 3	Pace & stamina	Form
1 <sup>st</sup> Dec – GHHH Christmas Pudding 10k race								
5 <sup>th</sup> Dec	Priory Road or Morecambe Road	Whistle returns. 6 x 3min, 90s rests	Arm drive	Pacing – Same distance each rep	Siemens Ind Estate	100m, 200m, 300m x 6	Speed	Form
12 <sup>th</sup> Dec	Canal Foot to NL Rd	6 x 800m, 2 min recovery 5k pace to finish	Pacing. Each rep 2s faster		Siemens Ind Estate	10 x 400m	Speed & endurance	Form & pace
19 <sup>th</sup> Dec	Triangle	6 x 1k triangles, 1 long side recovery	Stamina	Form	Morecambe Rd	12 x 1min, with 1min recovery	Pace	Pace judgement
Christmas & New Year break – don't forget the Fancy Dress Blind Handicap on Boxing Day								
2 <sup>nd</sup> Jan	Morecambe Road	2x1 mile in trains then 4x1 minute	Working together	Strong finishing	Memorial Gardens	10 x 1lap with ½ lap recovery	easy start to the New Year	Completing the session !!!
9 <sup>th</sup> Jan	Siemens Ind Estate	12x1 minute (400m for those not racing). 1 min recovery	Pre-XC easy session	Stance	North Lonsdale Rd	2 x 1mile, 2 x ½mile	Stamina	Pace
11 <sup>th</sup> Jan – Mid Lancs Cross Country								
16 <sup>th</sup> Jan	Siemens Ind Estate	Pyramid 2x200m, 2x400m, 800m, 1m, 800, 2x400m, 2x200m. Rests 1m after 200m & 400m, otherwise 2m	Endurance	Stride	Triangle	1, 2, 3 sides of triangle x 3	Speed	Pace judgement
23 <sup>rd</sup> Jan	North Lonsdale Road	2 mile time trial OR 2 x 2 miles	Progress check	Pacing – aim for negative split	Siemens Ind Estate	4 x 200m, 4 x 400m, 4 x 200m	Speed & stamina	Pace judgement