

Senior Thursday Night Coaching Plan Q1 2020

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 till we get onto the field; 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
30 th Jan	North Lonsdale Road	2 x 2 miles	Pace judgement	Aim for 3 negative split	Station approach	10 x sprints (5 up/ 5 down)	Speed on hills	Style
6 th Feb	Siemens Ind Estate	12 x 1 minute (90s for those not racing). 1m recovery	Pre-XC easy session	Stance	Triangle	5 laps doing sides	Speed	Style
8 th Feb – Mid Lancs Cross Country								
13 th Feb	Morecambe Road	3 x 1 mile TTT format & 4x1min	Working together	Arms	Siemens Ind Estate	10 x 500m	Speed/Endurance	Pace judgement
20 th Feb	Triangle	4 x 1k then 1x 1mile Long side rec	Pacing	Posture 'helium balloon!'	Siemens Ind Estate	90secs. run, 30secs. rest, 30secs. run. 90secs. rest x 10	Speed	Pace judgement
27 th Feb	Siemens Ind Estate	12 x 1 minute (90s for those not racing). 1m recovery	Pre-XC easy session	Stance	Triangle	1side/2 sides/3sides/1 side/2 sides/3 sides with 1 side recovery	Speed	Pace judgement
29 th Feb – Mid Lancs Cross Country								
5 th Mar	Belmont, Greenbank	5-6 hill reps (300-400m). Recovery back down the hill	Hills/stamina	Form	Siemens Ind Estate	Pyramid 200/400/600/800 /600/400/200	Speed	Pace control
12 th Mar	Siemens Ind Estate	6x800m, 2 min recovery 10k pace to finish	Endurance	Pacing. Each rep 2s faster	Morecambe Road	1/2m / 1/2m / 1m / 1/2m / 1/2m	Stamina	Pace judgement/control
14 th March Dentdale								
19 th Mar	Lyndhurst Road	12 hill reps (300m). Short side recovery	Hills/stamina	Stance	Siemens Ind Estate	12 x 1min with 1 min. recovery	Speed	Pace control
21 st March Coniston 14								
26 th Mar	Siemens Ind Estate	Pyramid 2x200 2x400 800m, 1m, 800, 2x400m, 2x200m. Rests 1m after 200m & 400m, 2m after 8 & m	Endurance	Stride	Memorial Gardens	1lap/2lap/3lap x 3 with 1/2lap/1/2lap/1lap recovery x3	Speed/Endurance	Style/ Pace control
29 th March Clocks go forward – move to the GSK sports field when dry & light enough								
2 nd Apr	Shoulder of Hoad	4 hill reps (600m ish!) Recovery back to start	Hills/stamina	Climbing & descending	GSK Sports Field	6 x 1/2m	Endurance	Pace judgement
9 th Apr	GSK Sports field	6x800m, 2 min recovery 5k pace to finish	Endurance	Pacing. Each rep 2s faster	GSK Sports field (banking)	4 x Figure 8's	Speed/hills	Style
16 th Apr	North Lonsdale Road or GSK Sports field	2 mile time trial or 2 x 2 miles	Progress check	Pacing – aim for negative split	GSK sports field	Pyramid 200/400/600/800 /600/400/200	Speed/endurance	Pace judgement