

Thursday Night Coaching Plan Q3 2019

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. Weather permitting most summer sessions through to mid September except time trials will be on the field.

	Intermediate and Advanced Groups				Starters Group			
Date	Venue	Session	Session Objective	Coaching focus	Venue	Session	Session Objective	Coaching focus
25 Jul	GSK Sports field	6 x 800m, Jog recovery	Stamina	Pace increase				
1 Aug	GSK Sports field	12 x 400m, walk recovery	Maintaining pace through to the end	Working the arms	GSK Sports field	12 x 90 sec with 90 sec rest	Speed	Pace judgement
8 Aug	GSK Sports field	10min x 400m, 10 min x 200m, 10 min x 400m In matched pairs relay style	Working together	Pacing	GSK Sports field	5 x 1k	Speed/Endurance.	Form & pace
15 Aug	Knothallow Murder, Maniac mile	2 x 1.1 mile!! Up then down	Strong, fast finish on tired legs	Fun/Pain!	GSK Sports field	5 x Figure of 8's on the banking	Speed/Hills	Style
21 Aug	GHH Summer 10k Race							
22 Aug	GSK Sports field	Overlapping 6 x 800m figure of 8 in matched pairs	Working together	Upright posture	GSK Sports field	Pyramid 200, 400, 600, 800, 600, 400, 200	Speed/Endurance	Pace judgement

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29 Aug	GSK Sports Field	8 reps ending downhill on the banking	Tackling hills	Descending	GSK Sports field	10 x 400m	Speed/Endurance	Form & Pace
4 Sep	GHHH Charter 5k Race							
5 Sep	GSK Sports field	12 x 400m matched pairs – Chasing start	Pace increase	Arm drive	GSK Sports field	100m/200m/300m x 6	Speed	Style
12 Sep	GSK Sports field or Siemens Estate	Pyramid 2x200m, 2x400m, 800m, 1 mile, 800, 2x400, 2x200. Jog recoveries	Speed	Active leg recovery	GSK Sports field	2 x 2miles	Stamina	Pace control
19 Sep	Siemens Estate	14 x 400m 1 min recovery	Stamina	Sustained effort	Siemens Estate	4 x 200m/4 x 400m/4 200m	Speed	Pace control
26 Sep	Belmont/Greenbank	5 reps, jog back to recover	Stamina	Hill Reps	Memorial Gardens)	1lap/2laps/3laps x2	Speed/endurance	Pace judgement
3 Oct	North Lonsdale Road	3k time trial. Long warm up and warm down	Progress check	Pacing – aim for negative split	Morecambe Road	6 x 1/2mile	Endurance	Pace control
10 Oct	Morecambe Road	6 x 800m	Pace increase	Maintaining form	Triangle	5 laps on Triangle doing sides	Speed	Style