

Thursday Night Coaching Plan Q1 2019

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
31 st Jan								
7 th Feb	Siemens Ind Estate	12 x 1 minute (90s for those not racing). 1m recovery	Pre-XC easy session	Stance	Triangle	Running sides with side recovery. 1 or 2 loops 1 for cross-country participants	Speed stamina W/J 3/2	Pace change
9 th Feb – Mid Lancs Cross Country								
14 th Feb	North Lonsdale Road	2 x 2 miles	Pacing – 3 negative splits	Arms	Morecambe Road	Lampost intervals	Speed W/J 3/1	Pace Change
21 st Feb	Triangle	4 x 1k then 1x 1mile Long side recovery	Pacing	Posture ‘helium balloon!’	Memorial Gardens	8 laps with ½ lap recovery	Speed stamina W/J 3/1	Pace Change
28 th Feb	Siemens Ind Estate	12 x 1 minute (90s for those not racing). 1m recovery	Pre-XC easy session	Stance	Triangle	Running sides with side recovery 2 laps. 1 lap for cross-country participants	Speed stamina Jog 2miles	Form and speed change
2 nd Mar – Mid Lancs Cross Country								

GLAXO HOAD HILL HARRIERS

7 th Mar	Belmont, Greenbank	5-7 hill reps (300-400m). Recovery back down the hill	Hills/stamina	Form	Siemens Ind Estate	Pyramid 400m, 800m, 1200m, 800m, 400m 90s rests	Hills/stamina Jog 2miles plus 1Lp	Form and speed
14 th Mar	Siemens Ind Estate	6x800m, 2 min recovery 10k pace to finish	Endurance	Pacing. Each rep 2s faster	Memorial Gardens	10 laps with ½ lap recovery	Endurance Jog 2 miles plus 2 LP	Pace Change
21 st Mar	Lyndhurst Road	12 hill reps (300m). Short side recovery	Hills/stamina	Stance	Siemens Ind Estate	4 x 800m	Hills/stamina	Pace change/pace control
28 th Mar	Siemens Ind Estate	Pyramid 2x200m, 2x400m, 800m, 1m, 800, 2x400m, 2x200m. Rests 1m after 200m & 400m, 2m after	Endurance	Stride	Morecambe road	6 x 400m	Endurance Jog 2.5 miles	Form and pace stamina
30 th March Coniston 14								
31 st March Clocks go forward – move to the GSK sports field when dry & light enough								
4 th Apr	Shoulder of Hoad	4-6 hill reps (600m ish!). Recovery back along A590	Hills/stamina	Climbing & descending	Siemens Ind Estate	10 hill reps up and down, 1min rest	Hills/stamina	Climbing & descending
11 th Apr	GSK Sports field	6x800m, 2 min recovery 5k pace to finish	Endurance	Pacing. Each rep 2s faster	GSK Sports field	Pyramid 100m, 200m, 400m, 800m, 400m 200m, 100m with jog back	Pace endurance Jog 3 laps of field	Form
18 th Apr	North Lonsdale Road or GSK Sports field	2 mile time trial	Progress check	Pacing – aim for negative split	GSK sports field	6 x 400m with jog back	Speed	Pacing – aim for equal splits