

Lee's Training Group		
Group Dynamics: YES I have runners with a quick leg turn over, I also have runners with a steady leg turn over who work just as hard. WE HAVE FUN BUT WORK HARD DOING IT.		
Date	Session	Goal
31ST MAY 2017	<p>BUILD SET:</p> <p>100m Steady, 200m quicker 100m Steady (repeat 4 times)</p> <p>MAIN SET:</p> <p>Run 800m best pace, then jog for two minutes</p> <p>Run 400m best pace, then jog for a minute</p> <p>Run 200m at best pace, then jog for 30 seconds</p> <p>Run 1000m at best pace, then jog for four minutes.</p> <p>Then repeat the session 3 times</p>	<p>Quality not quantity</p> <p>Speed/Stamina</p>
07th June	<p>'Structured' fartlek in the park</p> <p>Build Set:</p> <p>Run 1 mile (1 loop of the park)</p> <p>Main Set:</p> <p>Run 5 min hard. Static 2 min rest</p> <p>Run 5 min hard</p> <p>2 min rest</p> <p>run 4 min hard: Static 1min 30 sec rest</p> <p>run 4 min hard</p> <p>1 min 30 sec rest</p> <p>run 3 min hard, static rest 1 min</p> <p>run 3 min hard.</p> <p>run 4 min hard: Static 1min 30 sec rest</p> <p>run 4 min hard</p> <p>1 min 30 sec rest</p> <p>Run 5 min hard. Static 2 min rest</p> <p>Run 5 min hard</p> <p>2 min rest</p>	<p>Speed Session</p> <p>Maintaining a constant speed over the same distance.</p> <p>Pacing should mean that you do not get back before the time runs out.</p>
14th June	<p>Build Set:</p> <p>Jog the bends Stride the straights</p> <p>Main Set:</p> <p>200m sprint, 200m recovery</p> <p>Repeat 16 times</p> <p>Jog as a group 2 laps</p>	<p>Its all about the pace.</p> <p>If you go out too quick you will not complete the session, Aim for consistent 200m efforts</p>
21st June	<p>FUN IN THE PARK</p> <p>Build Set:</p> <p>1 mile as a group around park</p> <p>Main Set:</p> <p>16 x 200m fast 200 slow</p>	<p>This will hurt due to the nature of the session.</p> <p>Again practicing pacing with speed.</p>
28th June	<p>OUT RUN</p> <p>WE WILL LEAVE PROMPT STRAIGHT AFTER THE ANNOUNCEMENTS</p>	

5th July	<p>Build Set:</p> <p>100m gentle 100m quicke repeat 4 times</p> <p>Main Set:</p> <p>5-8 x 1000m</p>	Speed Endurance
12th July	CIRCUITS IN THE PARK	
19th July	HILLS AT WOODFORD PARK	
26th July	<p>Build Set:</p> <p>2 laps of the track</p> <p>Main Set:</p> <p>400m, HARD, 400m EASY 300m, hard, 300m easy 200m, hard 200m easy 100m hard 100m easy repeat 4 times</p>	Speed/Pacing/Endurance
2nd Aug	Circuits in the park	
9th Aug	<p>Build Set:</p> <p>2 laps of the track</p> <p>Main Set:</p> <p>10 x 500m: FAst 100m flat-out, with 200m slow recovery jogs</p>	Pacing/stamina
16th Aug	<p>Build Set:</p> <p>1 mile warm up</p> <p>Main Set:</p> <p>Tag over 80-100m 25 min</p> <p>Cool down 1 mile</p>	When doing the tag PLEASE DO NOT LEAVE YOUR TEAM SHORT.
23rd Aug	OUT RUN WE WILL LEAVE PROMPT STRAIGHT AFTER THE ANNOUNCEMENTS	
30th Aug	<p>Build Set:</p> <p>2 laps of track</p> <p>Main Set:</p> <p>1000m, 400m recovery 2000m, 400m recovery 3000m, 400m recovery 2000m, 400m recovery 1000m 400m recovery</p>	