

Lesley and Nigel's group

Date	Session	Aim	Coach	Races
3 rd May	20 x 300m, start every 3 min	Speed work	NH	Woodley 10k Marlow 5 Bracknell half
10 th May	800m in teams of 3 of similar ability, 2 running, 1 resting, for 35-40 mins	Aerobic fitness	NH	Woodland 5 Dinton 5k/10k
17 th May	5-6 x 1 mile at 10M pace (400m recovery)	Tempo session	NH	Royal Berks 10k Thames 10k
24 th May	Timed 1500m 4-5 x 1200m at 10M pace (400m recovery)	Fitness test	NH	London 10k Westminster mile
31 st May	400m reps, 1 min recovery. Start at 10k pace then 2s faster each rep until you fail. 400m jog then start again at 10k pace.	Pace judgement and anaerobic fitness	NH	Chiltern Chase Kintbury 5
7 th June	10 x [600m at 10k pace, 200m rec, 200m at 5k pace, 200m recovery]	Above threshold training	NH	Yateley 10k Dinton 5k/10k Wargrave 10k
14 th June	1600m, 1200m, 800m, 400m, 400m, 800m, 1200m, 1600m, 400m between reps	Speed endurance	NH	Woodland 5 Ridgeway Relay
21 st June	Cooper 12 minute run test 8 x 600m (200m recovery)	Fitness test	NH	Downland Dash Gibbet Challenge
28 th June	4 x 400m (100m recovery) 6 x 300m (100m recovery) 10 x 200m (100m recovery) 400m recovery between sets	Lactate tolerance, mental strength	NH	Sam Run Runnymede Relay

Rep rules: Unless otherwise stated the aim is to do reps at even pace, but to 'help'

Rule 1: Neither of the first two reps should be your fastest, neither of the last two should be your slowest

Rule 2: If unsure about your fitness or race pace, it's much better to start conservatively and get faster, rather than the other way round (or not finish the session)

Rule 3: If a niggle starts or gets worse during running, ignore rules 1 and 2, ease off, and if necessary jog or stop – training sessions should never be counterproductive – listen to your body