

Lesley and Nigel's group

Date	Session	Aim	Coach	Races
6 th September	Sets of 400m, 300m, 200m, 100m 100m recovery, 300m between sets, 3k pace, for 40 minutes	Speed work	NH	Pangbourne 10k, New Forest marathon
13 th September	1 min, 2 min, 3 min, 4 min, 4 min, 3 min, 2 min, 1 min, 1 min, 2 min, 3 min, 4 min, recovery is half rep time	Stamina	NH	Swallowfield 10k, Richmond marathon
20 th September	5-6 x 1600m, 400m recovery, 10M pace	Tempo session	LW?	Mortimer 10k, SEAA Road Relays
27 th September	400m reps fast in pairs (one running, one resting) for 40 minutes	Speed work	NH	OZO 10k, Basingstoke Half
4 th October	1400m, 200m recovery 1300m, 300m recovery 1200m, 400m recovery 1100m, 500m recovery 1000m, 600m recovery	Increase speed each rep	NH	RARE 10k, TVXC
11 th October	10 x 600m, 200m recovery. 1 st 200m steady, 2 nd 200m fast, 3 rd 200m steady	Controlled pace change	NH	Tadley 10, Hampshire League
18 th October	6 x 5 min, 2 min easy jog back to start. Same distance or a bit more each time. Those doing Abingdon practice marathon pace.	Running economy	NH	Water of Life, TVXC, Abingdon marathon
25 th October	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	Halloween Nite Run

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