

Technical improvements; running smarter

with Katie

**** UPDATED 13th October 2017 ****

Everyone welcome; no one obliged!

The aim over the next 8 weeks is to build technical skills in preparation for cross-country over the winter. This is a generic plan for people training to run distance events (800m is the first "distance" race).

If you have a specific target in mind, please speak with me or one of the other RR coaches. Wednesday nights and 'out runs from home' might not be the right training to get you what you want! I am always happy to write people specific plans, according to their targets and what time and energy they want to commit to training.

Each session will start with a warm-up and some games (technical drills and/or physical preparation activities). We will stretch together at the end of the session. **Please wear reflective clothing for the hill training session on 25th October.**

Please remember to bring water and something warm to put on between repetitions (where there is time to do so!).

Date	Session	What it means
04-Oct (no Katie)	wind up the pace	4 laps, increasing in pace for each lap; 200m recovery
11-Oct	pyramids	200m faster; 100m recovery 400m faster; 100m recovery 600m faster; 100m recovery 800 m faster; 100m recovery 1000m faster; 100m recovery; back down the pyramid
18-Oct	345	300m, 45s recovery; repeat until pace slows
25-Oct	HILLS	venue TBC, please wear reflective clothing
01-Nov	two, to, too	20 × 200m with 30 seconds recovery between each
08-Nov	flying 30s	30m acceleration; 30m maximum velocity; 30m deceleration
15-Nov	paarlauf	200m faster; across the field to recover
22-Nov (no Katie)	1200s	1200m; 400m recovery; aim for steady pace

REMEMBER Speed is relative:
"maximum velocity" means the fastest **you** can go
"slow" means recovery running for **you**
"fast" means the fastest running **you** can sustain
"steady" means a running pace which is comfortable for **you**