

Winter fun

with Katie

Everyone welcome; no one obliged!

The aim over the next 8 weeks is to continue build technical skills in order to prevent injury and improve performance. 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 sessions on 13th December and 10th January.**

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
29-Nov	wind up the pace	4 laps, increasing in pace for each lap; 200m recovery
06-Dec	scorpions	700m distance pace; 100m faster
13-Dec	HILLS	venue TBC, please wear reflective clothing
19-Dec	12 days of Christmas	
27-Dec	festive fun in the park	10am start
03-Jan	reverse scorpions	300m faster; 100m slower
10-Jan	HILLS	venue TBC, please wear reflective clothing
17-Jan	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

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