

Getting warmer

with Katie

All welcome; none 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 session on 7th February.**

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
24-Jan	reverse scorpions	300m faster than 5k pace; 100m slower
31-Jan	wind up the pace Peter Higgs taking training	4 laps, increasing in pace for each lap; 200m recovery
07-Feb	HILLS	venue TBC, please wear reflective clothing
14-Feb	flying 30s	gently accelerate for 30 metres; sprint for 30m; gently decelerate for 30m (5 mins rest after 15 mins; repeat)
21-Feb	pyramids	200m faster than 5k pace; 100m recovery 400m faster than 5k pace; 100m recovery 600m faster than 5k pace; 100m recovery 800 m faster than 5k pace; 100m recovery 1000m faster than 5k pace; 100m recovery reverse back down the pyramid
28-Feb	200s	20 × 200m faster than 5k pace; 30 seconds recovery between each 200m
07-Mar NO KATIE	Nick Anderson	You are strongly encouraged to join in with this session and ask Nick as many questions as you can!
14-Mar	400s	10 x 400m faster than 5k pace; 60 to 90 seconds recovery between each lap
REMEMBER	Speed is relative; please speak with your coach if you are unsure about how fast you should be running!	