

Marlow 5 – Club Championship Race

with Katie

Everyone welcome; no one obliged!

The aim over the next 8 weeks is to get faster, ready for the Club Championship race at Marlow on 13th May.

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 silly games (technical drills and/or physical preparation activities). As soon as it is light enough, these sessions will be done **in the park**.

If you have any questions, please speak with me on a Wednesday evening. 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
21-Mar	paarlauf	run 200m around the track while your partner runs across the field; then swap places
28-Mar	HILLS	wear reflective and bright clothing; anyone not wearing the appropriate outer layer will be asked to stay at the track
4-Apr	giant 30s	be ready to do something different...
11-Apr	300s	300m effort; listen for the whistle
18-Apr	TBC	
25-Apr	HILLS	wear reflective and bright clothing; anyone not wearing the appropriate outer layer will be asked to stay at the track
2-May	scorpions	300m at 5 mile pace; 100m faster
9-May	crocodiles	buddy up and test each other