

Lesley and Nigel's group

Date	Session	Aim	Coach	Races
2 nd May	800m steady 200m reps in teams of 3 for 35 minutes 800m steady	Above threshold training	NH	Shinfield 10k Richmond half
9 th May	[600m fast, 100m jog, 300m fast, 200m jog] x 6	Controlled speed increases	LW	Marlow 5 Shakespeare mara.
16 th May	EA Club Run session	Marathon/half	NA	Royal Berks 10k Woodland 5 Hook 10
23 rd May	Sets of 400m, 300m, 200m, 100m recovery, 500m between sets, 3k pace, for 40 minutes	Speed work	NH	Westminster mile London 10k
30 th May	Down pyramid: 800m, 600m, 400m, 200m, 200m recovery, x 3 at 3k pace	Pace/threshold	NH	Chiltern Chase Kintbury 5
6 th June	4 x 4 x 300m, 100m recovery, 3 mins between sets. In each set, first 2 reps at 5k pace, last 2 reps at 3k pace, recovery no more than half rep time	Pace judgement and lactate tolerance	LW?	Endure 24 Dorney 10k
13 th June	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	Woodland 5 Ridgeway relay
20 th June	8-10 1k reps, start at 10k pace then 2s faster each time, 200m recovery	Speed endurance and pacing	LW?	Thame 10k Gibbet challenge Forest 5
27 th June	1k at 10k pace 3 x 5 x 400m, 45 sec recovery, 400m between sets 1k at 10k pace	Lactate tolerance	NH	Beat the boat

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