

Reading Roadrunners' Meso-Cycle Plan							
Prepared by	Alexa Duckworth-Briggs	Technical Goal	Varies by Session				
Delivered by	Alexa, Alan and Noora	Fitness Goal	Half Marathons				
Dates:	This session will help you:	Fundamentals (ABC)	Physical Prep / Strength and Conditioning	Technical Drills	Running activities part 1	Running activities part 2	Target Races
8 Jan 20	Build pacing awareness and leg speed	Backward arm drive, rotational movement, relaxed shoulders	None - spending more time on ABCs and technique	Arm Drive	1km reps at current half marathon pace, 200m recoveries	400m fast with 400m recoveries	
15 Jan 20	Speed Endurance	Core engagement, pelvic position and control	None - spending more time on ABCs and technique	Tall Posture	600m efforts, 200m recoveries	800m efforts, 400m recoveries	
22 Jan 20	Power, speed and form	Cadence, hot floor, foot pick up	None - spending more time on ABCs and technique	Fast Feet	400m fast, 400m faster, 400m fastest, 400m recoveries	350m effort, 50m fast, 400m recoveries	
29 Jan 20	Speed Endurance and fast finish	Triple extension, glute drive and power	None - spending more time on ABCs and technique	Glute Engagement	1000m effort, 200m faster, 400m recoveries	100m fast, 300m recoveries	
5 Feb 20	Pushing the distance at pace	Backward arm drive, rotational movement, relaxed shoulders	None - spending more time on ABCs and technique	Arm Drive	800m efforts, 400m recoveries	1200m efforts at the same pace as the 800s, 400m recoveries	
12 Feb 20	Speed Endurance	Core engagement, pelvic position and control	None - spending more time on ABCs and technique	Tall Posture	600m efforts, 200m recoveries	1000m effort, 200m recoveries	
19 Feb 20	Race pace practice on tired legs	Cadence, hot floor, foot pick up	None - spending more time on ABCs and technique	Fast Feet	1000m effort, 200m fast, 400m recoveries	800m reps at target race pace with 400m recoveries	Wokingham Half Marathon
26 Feb 20	Race pace practice with a fast finish	Triple extension, glute drive and power	None - spending more time on ABCs and technique	Glute Engagement	800m reps at target race pace with 400m recoveries	400m fast with 400m recoveries	Vitality Big Half Marathon
4 Mar 20	Maintaining a fast pace	Backward arm drive, rotational movement, relaxed shoulders	None - spending more time on ABCs and technique	Arm Drive	Increasing distance reps, maintaining the same pace. 400m, 600m, 800m etc. all 400m recoveries	Drop back down the other side of the pyramid from where each runner got to back to a final 400m rep	
11 Mar 20	Speed work off a fast mile	Core engagement, pelvic position and control	None - spending more time on ABCs and technique	Tall Posture	1600m effort, 800m recovery	400m fast, 400m recovery, 200m fast, 200m recovery to time	



18 Mar 20	Build pacing awareness and leg speed	Cadence, hot floor, foot pick up	None - spending more time on ABCs and technique	Fast Feet	1km reps at target half marathon pace, 200m recoveries	400m fast with 400m recoveries	
25 Mar 20	Race pace practice on tired legs	Triple extension, glute drive and power	None - spending more time on ABCs and technique	Glute Engagement	800m efforts, 400m recoveries	800m reps at target race pace with 400m recoveries	London Landmarks Half Marathon
1 Apr 20	Race pace practice with a fast finish	Backward arm drive, rotational movement, relaxed shoulders	None - spending more time on ABCs and technique	Arm Drive	800m reps at target race pace with 400m recoveries	200m easy, 600m recoveries	Reading Half Marathon