

Reading Roadrunners
Session Plans delivered by Katherine Sargeant & Sarah Dooley – January to April 2020



Our Goals

For many January sees the start of the most demanding training period of the year, with Spring half marathons and marathons in the diary, and renewed determination amongst runners to tackle many other goals in a fresh new year. It's an exciting but potentially daunting time for all of us! With these diverse challenges in mind, Sarah and I have made a commitment to our athletes to continue to provide a variety of sessions which will develop athletes of all abilities and diverse race targets. They will be tough! But they can also be modified for the less experienced and those returning from injury and seeking to build back strength and confidence.

So, whether goals are PB related, a new distance, or simply focusing on feeling strong and confident, runners are always welcome to join our team. We will target pace, endurance and technical running form improvements in a fun, inclusive and supportive group. Sessions are easily adaptable to suit a range of running paces and accommodate runners of all ages.

If you are looking to pinpoint a race goal and target time for 2020, please don't hesitate to discuss this with us. Sarah and I are both passionate runners and have experience of running many events locally and nationally, as well as exciting races abroad. If you would like help in planning your race targets, or have any other niggling questions, please do chat to us about these.

Also included is a list of road races that our runners will have in their sights this Spring; if your race goal isn't listed, please do flag this to us! The remaining cross country fixtures are, of course, published on the Club's website.

Date	Session Type	Session Plan	Race
8 January	Endurance	Aim for up to 8 x 1k with 90 seconds recovery at quicker than 5k target pace. (Aim for your maximum number of reps: 5 – 8 x 1k, for example. Working to your ability.)	12 January – Woodcote 10k

15 January	Speed	<p>For 10 minutes: 800m reps – running the bends at your Half Marathon pace (we can discuss alternative pace guide if in doubt!) and stride the straights (demonstration of technique will be given!) – stride straights at 5k race pace. With 100m jog recovery after each 800m. We start together and finish together – 10 minutes only. The benefit here is working on your form and technique, as well as pace.</p> <p>Then we follow up with the main session of reps of 500m at 5k race pace followed by 100m sprint, 100m recovery. Repeat until time.</p>	
22 January	Endurance	<p>2 x 1,600m – 200m recovery 2 x 2,000m – 200m recovery 1 x 2,400m – 200m recovery All at sub target 10k pace. This session, as with all sessions, can be modified to cater for all abilities – we can discuss prior to the session. Great endurance session.</p>	
29 January	Endurance	<p>Between 6-10 x 800m with 100m recovery, 400m recovery after the last. Then 1,600m – all reps targeting quicker than 5k pace.</p>	2 February – Thorpe 10k & Half Marathon
5 February	Speed	<p>1,600m time trial. Divide time trial result by 4 to achieve 400m time. Sets of 4 x 400m reps: 1st rep as per 400m in time trial, 2nd rep minus one second, 3rd rep minus 2 seconds, 4th rep minus 3 seconds. Recoveries = same duration as your rep. Followed by a full recovery after the 4th rep / before commencing the next set. Through until “time”.</p>	<p>8 February – Dorney Lake Winter Half, 15k, 10k & 5k 9 February – Cancer Research London Winter Run, 10k</p>
12 February	Endurance	<p>Aim for up to 5 x 1,600m reps at quicker than current 5k pace. 400m recovery.</p>	16 February – Bramley 20/10
19 February	Endurance	<p>4 x (1k, 800m, 600m) with 60 seconds recovery between reps and 200m jog recovery between sets. All at quicker than target 5k race pace.</p>	23 February – Wokingham Half
26 February	Speed	<p>Mile time trial. Followed by 400m reps. Recoveries of 100m.</p>	<p>1 March – London Big Half 1 March – Tokyo Marathon</p>
4 March	Endurance	<p>Yasso session for those targeting marathons: 10 x 800m with 400m recovery after each rep.</p> <p>OR 8 x 800m at quicker than 5k race pace with 60 seconds jog recovery, followed by 8 x 400m at 9/10 effort followed by full jog recovery. Good for all!</p>	<p>7 March - Olympic Park 10k 7 March – Thames Meander Half and Marathon</p>

11 March	Speed	6 x 400m at quicker than 10k race pace, 30 seconds jog recovery 6 x 400m at quicker than 5k race pace, 45 seconds jog recovery 6 x 400m at 9/10 effort, with 60 seconds jog recovery 4 x 200m “eyeballs out” with full recovery	15 March – Fleet Half 15 March – Hampton Court Palace Half
18 March	Endurance	Aim for between 3 – 5 x 2k reps, with 200m recoveries.	
25 March	Speed	400m time trial – as fast as you can manage. Then 4 x 200m reps based on half of the 400m time trial minus 1-2 seconds, with recoveries of 30 seconds walk or 45 seconds jog. Recoveries of 2.5 minutes between sets.	29 March – Wokingham 5k/10k (Dinton)
1 April	Strength	Shepherds House Hills (modified hill session for those with weekend races)	4 April – Olympic Park 10k 5 April – Manchester Marathon 5 April – Paris Marathon 5 April – Reading Half
8 April	Endurance	Timed session running to the whistle: 6 x 6 minutes at quicker than target 5k race/parkrun pace, with recoveries of 2 minutes. Maintain a challenging, sustainable pace over each 6 minutes.	10 April – Maidenhead 10M
15 April	Speed	Build set of 4 laps. 400m reps at maximum consistent best effort (9 out of 10 effort), with 100m recoveries. Continue until time.	19 April – Brighton Marathon 19 April – Woodley 10k 20 April – Boston Marathon
22 April	Speed	2k tempo, followed by up to 10 x 400m with 400m recovery.	26 April – London Marathon
29 April	Speed	Timed 800m. Re-group. 300m reps at maximum, consistent effort (9 out of 10 effort) with 100m recoveries. Re-group. Timed 800m, check out your improvement!	

Warm Up / Agility, Balance and Coordination – according to athletes present, session and conditions

Technical skills – according to athletes present and session