

# Halstead Road Runners

Training Schedule September to December 2018



Date	19th Sept	26th Sept	3rd Oct	10th Oct	17th Oct	24th Oct	31st Oct
Session	Kenyan Hills	Meet & Retreat	Pyramids	Horwill Reps	Sprint Finish	Hill Sprints	Pyramids
Description	Threshold Hill Session - Effort Up and Recovery Down at same pace (25 Mins)	Pairs of mixed ability. Run in opposite directions at effort. Meet and run back to base at effort. Active recovery for 1 min. Repeat. (20 Mins)	S-M-L-L-M-S Laps of Bluebridge with small lap recoveries between each	Medium Lap @ 5k Pace followed by Large Lap @ Marathon Pace (25 mins)	Speed Session - Laps of Bluebridge L-L-L-M-M-S - Large Laps @ Half Marathon Pace, Medium Laps @ 10k Pace, Small Lap @ Sprint. Small Lap Recoveries between each.	Run up to top of hill at effort, recover down. Run up halfway, recover down (x10)	Run efforts for 200m,400m,800m,1600m,800m,400m,200m with 200m Recoveries between each
Easier Alternative	Timed - Not Required	Timed - Not Required	Drop one of the large laps	Timed - Not Required	Drop one of the Large Laps	Finish when fastest runner finishes	Skip 1600m Effort
Location	Balls Chase	Bluebridge	Bluebridge	Blubridge	Bluebridge	Dooley Road	Braintree Track

Date	7th Nov	14th Nov	21st Nov	28th Nov	5th Dec	12th Dec	19th Dec
Session	Continuous Relays	Jack & Jill	Short Hills with Loops	Snell Reps	Fartlek	Yasso 800's	Parloff Relay
Description	Pairs of similar ability. One runs a loop at effort while the other recovers. Swap and repeat (x10)	Pairs of similar ability. Run in opposite directions at effort for 100m. Turn and recover back. When you pass, start effort again. Repeat. (20 mins)	10 Short hill sprints with downhill recoveries followed by a full loop of bluebridge at 70-80% effort (threshold pace) (x3)	Run clockwise, alternating 400m/200m at 5k pace with 200m recoveries for 10 mins. 3 min recovery. Repeat anti-clockwise. (23 mins)	Run anti-clockwise around Bluebridge large loop. Counting lamposts on left. Run at effort for 2 lamposts. Recover for 1. (20 mins)	Endurance Session - 2 Lap Efforts with Small Loop Recoveries (x8)	Using 400m Track. Pairs of similar ability. Starting opposite sides of track. Partner 'A' runs to meet partner 'B'. 'A' then runs at effort while 'B' recovers across infield to meet 'A' again. Repeat. (20 Mins)
Easier Alternative	Finish when fastest runner finishes	Timed - Not Required	Replace large loop for medium loop	Timed - Not Required	Timed - Not Required	Reduce repetitions to 6	Timed - Not Required
Location	Broton Estate	Bluebridge	Bluebridge	Braintree Track	Bluebridge	Bluebridge	Braintree Track