

Halstead Road Runners

Training Schedule Jan-March 2020



HALSTEAD ROAD RUNNERS
Home of the Halstead & Essex Marathon

Date	8th Jan	15th Jan	22nd Jan	29th Jan	5th Feb	12th Feb	19th Feb
Session	Kenyan Hills	Meet & Retreat	Pyramids	Horwill Reps	Sprint Finish	Hill Sprints	Fartlek
Description	Threshold Hill Session - Effort Up and Recovery Down at same pace for 10 mins. 3 min recovery. Repeat. (23mins)	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	10k Endurance Session - Run 400m at 5k pace then 400m at Marathon Pace. Repeat for 25 laps.	Speed Session - Laps of Bluebridge L-L-L-M-M-S - Large Laps @ 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 anti-clockwise around Bluebridge large loop. Counting lamposts on left. Run at effort for 2 lamposts. Recover for 1. (20 mins)
Easier Alternative	Timed - Not Required	Timed - Not Required	Drop one of the large laps	Finish when fastest runner finishes	Drop one of the Large Laps	Finish when fastest runner finishes	Timed - Not Required
Location	Stanstead Road	Bluebridge	Bluebridge	Braintree Track	Bluebridge	Dooley Road	Bluebridge

Date	26h Feb	4th March	11th March	18th March	25th March
Session	Snell Reps	Continuous Relays	Short Hills with Loops	Jack & Jill	Yasso 800's
Description	Run clockwise, alternating 400m/200m at 5k pace with 200m recoveries for 10 mins. 3 min recovery. Repeat anti-clockwise. (23 mins)	Pairs of similar ability. One runs a loop at effort while the other recovers. Swap and repeat (x10)	10 Short hill sprints with downhill recoveries followed by a full loop of bluebridge at 70-80% effort (threshold pace) (x3)	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)	Endurance Session - 800m Efforts with 400m Recoveries (x8)
Easier Alternative	Timed - Not Required	Finish when fastest runner finishes	Replace large loop for medium loop	Timed - Not Required	Reduce repetitions to 6
Location	Braintree Track	Broton Estate	Bluebridge	Bluebridge	Braintree Track