

Training Plan

October 2024

ST.HELENS
Striders

Training Focus:													
October is the start of winter training hooray! Expect hills, tempo and longer efforts to help with endurance events such as Cross Country, 10 milers and half marathons. Hill work will build up over October and November and a bit of fast speed work will be thrown in to keep the legs going.													
Plan by:													
Rach Fairclough													
Date	Session Description	A - Daniel Merrick			B1 - Rachael Fairclough			B2 - Kelly Hamilton			C - Alex Abbott		
		Notes	Run Leader	Location	Notes	Run Leader	Location	Notes	Run Leader	Location	Notes	Run Leader	Location
Wed 2 Oct	Split tempo 3 x 8-10 mins @ HM pace, 3 mins easy jogging/ regrouping in between. Finish with 4 x 20 second strides	3 x 8:00 @ Tempo Pace, 3:00 jog to regroup between sets. Out and back format to keep group together.	Kelly Hamilton	East Lincs (Liverpool)	3 x 8 mins tempo with 3 mins easy between, 4 x 20 seconds strides to finish	Kirstie McCaffrey	Rainford Bypass (B&G)	3 x 8 mins @ HM effort. 3 mins walk/jog to regroup. 4 x 20 second strides.	Sue Heaps	Rainford Bypass (B&G)	Perimeter of Queens park 3x 8 mins Tempo, 3 min jog regroup recovery. Finish with 4 x20 second strides.	Gary Ward	Queens Park
Mon 7 Oct	Intervals 6-8 x 800 @ 5km pace or quicker (2 mins)	8 x 800m @ 5k pace with 2:00 walking rest. Run the 4th and 8th reps harder than the others.	Kieran Allen	Victoria Park	6 x 800 (2 mins recovery). Run long way to Queens Park	Jenny Martin	Queens Park	6 x 800m @ 5k effort. 2 mins static rest once everyone has completed the rep. Out and back.	Elaine Parry	East Lincs (Liverpool)	6x 800m at 5K effort. (3 out and 3 back) 2 min regroup jog recovery.	Sharon Swift	Rainford Bypass (Golf Club)
Wed 9 Oct	Hills 6-10 x 90 second efforts up hill with easy jog or walk back down. Maintain pace for the session and not go off too hard	8 x 90s uphill at a hard but controlled effort, with a jog down recovery. Use the hill at the side of Victoria Park, from bishop road/city road corner.	Gareth Davies	City Road Hill	7 x 90 seconds up the Avenue, easy jog back down	Graham Jones	The Avenue	6 x 90 second hill efforts with jog back down. Split group in two and use both sides. Swap sides after 3 reps.	Gemma Ireland	Hard Lane	Cowley hill lane 4x 90 second efforts, easy jog down. Short static recovery 3x 90 second efforts, easy jog down	Jo Moss	Victoria Park
Mon 14 Oct	Split tempo 4 x 8- 10 mins @ HM pace, 3 mins easy jog/ regrouping in between	10:00, 8:00, 8:00 @ Tempo Pace, with 3:00 easy jog between.	Kieran Allen	Rainford Bypass (Golf Club)	1 x 10 min and 3 x 8 min tempo @ HMP (2.5 mins recovery)	Rachael Fairclough	Griffin Grind	4 x 8 mins @ HM pace with 3 mins jog/walk recovery to regroup.	Jason Mather	Rainford Bypass (B&G)	From windle Island: 4 x 8 mins @ HM pace, 3 mins easy jog/ regrouping in between	Leslie Abbott (2)	East Lincs (Towards Manc)
Wed 16 Oct	Muster run 4-8 mile muster run, finish with 4 x 20 second strides	7 miles at an easy pace with lots of muster points.	Dan Merrick	RL Choice	RL Choice, 6 mile muster run	Paul Dowdle		6 miles with mustering every mile. 4 x 20 second strides.	Jo Herriott	RL Choice	RL choice 4-5 mile muster run	Jenny Appleton	RL Choice
Mon 21 Oct	Hills Kenyon Hills. 30 min time limit to achieve as many loops as possible off 90 seconds rest. Controlled efforts up, relaxed on down	RL choice of format with hard effort on the up and down, controlled effort on the flat.	Rachael Fairclough	Victoria Park	Use one of the middle Croppers hills loops. Try and do as many in 30 mins as you can with 90 seconds recovery in between	John Barr	Croppers Hill	800m reps with 90 seconds static rest.	Kelly Hamilton (C)	Victoria Park	30 mins of loops of lord street/cowley street. 90 second static recovery between loops	Jason Mather (2)	Lord Street
Wed 23 Oct	Track 6-10 x 400 (90) and option to add 4 x 100 to finish	Minimum of 10x 400m reps @ 5k pace, off 90s, going up to 12 if finished before others in the group. Finish with 4 x 100m 'fast' with 1:00 rest.	Richard Seville	Sutton Leisure Centre	4-6 lap warm up, aim for 8 x 400 off (90) seconds at less than 5km pace. 4 x 100 to finish	Kylie Barlow	Sutton Leisure Centre	8 x 400m faster than 5k effort with 90 seconds static rest. 4 x 100m to finish	Rachel Tickle	Sutton Leisure Centre	3 lap warm up 7 x 400m (90 sec recovery) 4x 100m fast with 1 min recoverys	Jess Wood (2)	Sutton Leisure Centre
Mon 28 Oct	Mixed speed interval 4-5 min blocks of 3 mins (half pace), 2 mins (10k pace) and 1 min (5km pace) followed by 15 second sprint. 2 min regroup in between	10:00, 10:00, 8:00 @ Tempo Pace, off 3:00. Out and back, to keep group together.	Dan Merrick	East Lincs (Towards Manc)	4 x 6 min blocks of 3/2/1 (HM, 10k and 5km pace) followed by a 15 second sprint. 2 min recovery/ regroup	Graham Jones	Rainford Bypass (Golf Club)	4 x 5 min blocks as 2, 2, 1 mins (HM, 10k, 5k effort) followed immediately by 15 second sprint. 3 mins jog recovery to regroup.	Kirstie McCaffrey	Queens Park	4 x 5 min blocks as 2 (HM), 2 (10K), 1 (5K) mins with 15 second sprint to finish. 3 mins jog recovery to regroup.	Nicola Howarth (2)	Victoria Park
Wed 30 Oct	Hills 6-10 x 2 min efforts up hill with easy jog or walk back down.	8 x 90s uphill at a hard but controlled effort, with a jog down recovery. Use the hill at the side of Victoria Park, from bishop road/city road corner.	Danny Cheetham	City Road Hill	Long warm up to Victoria park. 6 x 2 minutes hard up hill, easy jog back down.	Paul Dowdle	Victoria Park	6 x 2 minute hill efforts with jog back down recovery. Split group in two and use both sides. After 3 reps, swap sides.	Katie Mansell	Hard Lane	6 x 2 minute hill efforts, jog back down recovery.	Gary Ward	Gamble Avenue