Training Plan
September 2024

ST.HELENS Striders

Training Focus:	September is the final block of training with a 10k focus and also marks the end of summer and transition into winter and darker nights (we will start to remind you to have bright/reflective cloathing and or lights for the sessions). This month will see us continue to focus on tempo running, with some short faster intervals sandwiched or at the end. We will also have a few hill session this month. Recoverys will still be a mix of static(shorter faster efforts) and easy regroup jogs (for the longer efforts).
Plan by:	**Alex Abbott**

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
Mon 2 Sep	**Tempo - Progressive** 8-10 mins steady, 2 min jog regroup recovery, 8-10 mins at HM pace, 2 min jog regroup recovery, 8-10 mins at 10K pace	8:00 'Easy', 2:00 recovery, 8:00 'Steady', 2:00 recovery, 8:00 'Tempo'.	Dan Merrick	Rainford Bypass (Golf Club)	Meet at The Ship Inn, Blackbrook. 8:00 'Easy', 2:00 recovery, 8:00 'Steady', 2:00 recovery, 8:00 'Tempo'.	Paul Dowdle	Sankey Valley (The Ship Inn)	Progressive run. 10 mins steady, 9 mins HM pace, 8 mins 10k pace. 2 mins jog/walk recovery to regroup after each	Jason Mather	Taylor Park	8 mins steady, 2 min jog regroup, 8 mins at HM pace, 2 min recovery, 8 mins at 10k pace.	Sharon Swift	East Lancs (Liverpool)
Wed 4 Sep	**Muster Run** 4-7 mile muster run	Use the Reverse Griffin Grind Route, with regular muster points. First 2 miles easy, the rest at 'Steady Pace'. Finish with 4 x 15s strides.	Kelly Hamilton	Griffin Grind	Muster run for 1 hour, approx. 6 miles.	Kirstie McCaffrey	RL Choice	5-6 mile easy paced run with mustering roughly every mile.	Jo Herriott	RL Choice	4-5 mile muster run	Nicola Howarth (2)	RL Choice
Mon 9 Sep	**Intervals** 4-6 x 5min intervals with ~2min jog (regrup) recovery	5 x 5:00 @ 10k pace, 2:00 jog or walk recovery. Use the loop round the outer edge of the park.	Gareth Davies	Victoria Park	5 x 5:00 at 10k pace with 90s static recovery.	Graham Jones	Berringtons Lane	4 x 5 mins @ 10k pace with 2 mins jog/walk recovery to regroup.	Kelly Hamilton (C)	Sankey Valley	4 x 5 min at 10k pace- 2 mins recovery regroup.	Gary Ward	Queens Park
Wed 11 Sep	**Kenyan Hills** continuous hill loops, lenth and sets dependent on group and location	Use tennis court loop in the park. Run continuously for 6:00 - hard on the up and, 'float' on the down & flat section. 4 reps in total, with 2:00 rest between.	Richard Seville	Victoria Park	Complete 5 loops, with 'controlled effort' on the ups and downs. Recovery as per RL choice.	Kylie Barlow	Victoria Park	5 x 800m loops with 2 mins static rest. Effort to be maintained on the entire loop (up, down and flat)	Sue Heaps	Victoria Park	2 sets of 5 loops of cowley street/lord street. short recovery between sets.	Jenny Appleton	Lord Street
Mon 16 Sep	**Mona Fartlek** 3 sets of 2 x 1, 2x1:30, 2 x 2 min alternating fast (5k pace) to easy	2 x 90, 4 x 60, 4 x 30 and 4 x 15 seconds with equal recovery.	Dan Merrick	Berringtons Lane	2 x 90, 4 x 60, 4 x 30 and 4 x 15 seconds with equal recovery.	Paul Brown	Victoria Park	2 x 90, 4 x 60, 4 x 30 and 4 x 15 seconds with equal recovery.	Kirstie McCaffrey	Queens Park	3 sets of 2 x 1, 2x1:30, 2 x 2 min alternating fast (5k pace) to easy	Leslie Abbott (2)	Victoria Park
Wed 18 Sep	**Track** 2-4 x 800m at 10 k pace, 2-4 x 400m at 5k pace, 2-4x 800m at 10k pace. short static recovery betweeen each (1-2 mins).	4 x 800m @ 5k pace, off 90s. 400m easy jog. 4 x 400m @ 3k pace, off 60s. 400m easy jog. 1200m @ HM Pace.	Rachael Fairclough	Sutton Leisure Centre	2 x 800m (2 mins rest), 4 x 400m (90 secs rest), 2 x 800m (2 mins rest)	John Barr	Sutton Leisure Centre	2 x 800m (2 mins rest), 4 x 400m (90 secs rest), 2 x 800m (2 mins rest)	Rachel Tickle	Sutton Leisure Centre	2 x 800m (2 min recovery), 3x 400m (1 min recovery), 2x 800m (2 min recovery).	Gary Ward	Sutton Leisure Centre
Mon 23 Sep	**Strider File** easy jog with short sprints from back to front of line 1.5-2.5 miles out, short jog recovery, 1-2 miles back	Meet at the Ship Inn, Blackbrook. Easy to the fishing pond, then 2 miles in-train with back person sprinting to front. Easy jog recovery, repeat for another 2mi back.	Kieran Allen	Sankey Valley (The Ship Inn)	Strider File and Coaching session with Rachael.	Rachael Fairclough	East Lancs (Liverpool)	Strider file to Mossbrough. Easy run round Thickwood Moss/pastures Lane. Strider file back to Windle.	Mark Hamilton	Rainford Bypass (Golf Club)	Strider file to mossbrough island. easy jog back to mill lane/ st helens road junction. strider file back to windle	Jo Moss	Rainford Bypass (B&G)
Wed 25 Sep	**Tempo - Sandwich** 10-12min @ HM, 2:00 easy, 2mins @ 5k, 2:00 easy, 8-10min @ 10k.	12:00 @ Tempo Pace, 2:00 jog & regroup, 4 x (1:00 @ 5k pace, 1:00 rest), 2:00 rest, 10:00 @ Tempo Pace.	Gareth Davies	East Lancs (Liverpool)	10 mins @ HM pace, 2 mins jog/walk to regroup. 2 mins @ 5k pace, walk to regroup then 2 mins static rest, 8 mins @ 10k pace.	Graham Jones	Rainford Bypass (Golf Club)	10 mins @ HM pace, 2 mins jog/walk to regroup. 2 mins @ 5k pace, walk to regroup then 2 mins static rest, 8 mins @ 10k pace.	Elaine Parry	Rainford Bypass (B&G)	10 mins at HM pace, regroup recovery (2 mins), 2 mins at 5k pace, regroup recovery (2 mins), 8 mins at 10k pace.	Jenny Appleton	East Lancs (Towards Manc)
Mon 30 Sep	**Hills** 8-12x 1:30-2 min hill efforts with jog recovey down	Use hill at the side of Lady Pilks (off Rainford Rd). Run 2 x 1:00, 4 x 45s, 4 x 30s. 'Hard but controlled effort' with walk down recovery.	Kieran Allen	Lady Pilks	2 x 5 hill efforts with jog down recovery after each rep and and 3:00 between the sets.	Kirstie McCaffrey	Gamble Avenue	10 mins warm up as 8 easy, 2 steady. 2 sets of 4 x 90 seconds hill efforts, jog back recovery. 3 mins rest between sets.	Jason Mather	The Dream	Easy jog warm up to hard lane. 4-5 x hill efforts on each side. jog recovery down hill. short static recovery between sides	Sharon Swift	Hard Lane