

Training Plan

August 2024

ST. HELENS
Striders

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July is of middle block of training with a 10k focus. Similar to last month tempo runs will be remain longer, at a slightly reduced pace. You will find short faster intervals sandwiched or at the end of EITHER a tempo session or interval session. Interval sessions will be focused on 5 minute efforts at goal 10k race pace. Recoverys will 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 5 Aug	Tempo - Blocks 3 blocks (7-10 mins) at Tempo effort with 2:00 easy to regroup.	2 x 10:00, 1 x 6:00 Tempo Effort, with 2:00 easy jog recovery. Use the B&G loop, adjusting pace for the hill.	Gareth Davies	Rainford Bypass (B&G)	Repeat of last months session. 3 x 8 mins (2 rmin recovery) starting near Cowley fields.	Paul Dowdle	Lady Pilks	3 x 8 mins (@HM) 2 mins walk/jog recovery to re-group	Jason Mather	Berringtons Lane	3 x 7 min tempo (HM pace) with 2 min regroup recovery.	Gary Ward	Victoria Park
Wed 7 Aug	Trail Run 4-7 mile trail run	7 miles out and back from the Ship Inn along Sankey Valley	Rachael Fairclough	Sankey Valley	Trail run around the Dream, RL choice	Kirstie McCaffrey	The Dream	6 mile trail run. Muster regularly.	Katie Mansell	The Dream	Meet at the Ship. 4-5 mile trail run.	Sharon Swift	Sankey Valley (The Ship Inn)
Mon 12 Aug	Intervals 5-6 min efforts at 10k pace with 2 min recovery	5 x 5:00 @ 10k pace, 2:00 walk/slow jog recovery.	Dan Merrick	Victoria Park	5 x 5 mins @ 10km pace, 2 min slow recovery	Kylie Barlow	Berringtons Lane	5 x 5 mins (@10k) 2 mins walk/slow jog recovery to re-group	Elaine Parry	Rainford Bypass (Golf Club)	5x 5 min efforts (10k pace) with 2 min static recovery.	Leslie Abbott (2)	Queens Park
Wed 14 Aug	Tempo - Sandwich 10-12min @ HM, 2:00 easy, 2 x 60s @ 5k (60s rest), 2:00 easy, 8-10min @ 10k.	10:00 Tempo, 2:00 easy jog, 4 x 2:00 @ 5k pace, 2:00 easy jog, 10:00 Tempo	Kieran Allen	East Lancs (Liverpool)	WU to Victoria Park, 10 mins tempo around perimeter of park, (2), 4 x 60 hard (60) then (2) followed by 10 mins tempo	Graham Jones	Victoria Park	10 mins (@HM) (5 mins out/5 mins back) 2 mins rest 2 x 60 seconds fast/60 seconds rest 10 mins (@HM) (5 mins out/5 mins back)	Sue Heaps	Sankey Valley (The Ship Inn)	10 min @ HM pace, 60 s @ 5k, 2 min easy jog recovery (regroup), 8 min @ 10k pace, 60s @ 5k	Jo Moss	Rainford Bypass (B&G)
Mon 19 Aug	Beat the clock 20-23 min easy out, 2 min static recovery, 17 mins back	Progressive Out & Back Run: 10:00 easy, 10:00 steady, 10:00 Tempo, 10k and pace until the finish line	Dan Merrick	Sankey Valley	Out for 21 mins down Berringtons lane and linear path. 2 min static recovery. 17 mins back (aim to get back to starting position)	Paul Brown	Berringtons Lane	21 mins out 2 mins static rest 17 mins back	Anita Hall	East Lancs (Liverpool)	Out for 21 mins. 2 min static recovery. 17 mins back (aim to get back to starting position)	Jenny Appleton	Lady Pilks
Wed 21 Aug	Track 800m efforts (2-4) reps) at 5k, 1x 1200m at 10k, 800m efforts (2-4) at 5k, with 2:00 static rest. 1-2 x 400m effort to finish	3 sets of (1200m @ HM Pace, 800m @ 10k pace)	Richard Seville	Sutton Leisure Centre	2 x 800m (@5k) 2 mins rest 1 x 1200m (@10k) 2 mins rest 2 x 800m (@5k) 2 mins rest 2 x 200m with walk back recovery	John Barr	Sutton Leisure Centre	2 x 800m (@5k) 2 mins rest 1 x 1200m (@10k) 2 mins rest 2 x 800m (@5k) 2 mins rest 2 x 200m fast. Walk back recovery	Jess Wood	Sutton Leisure Centre	2x 800m (2 min recovery), 1200m (2 min recovery), 2x800m (2 min recovery), 1x 400m to finish.	Jason Mather (2)	Sutton Leisure Centre
Mon 26 Aug	Bank Holiday No club session												
Wed 28 Aug	Pyramid 2-10 min efforts with 30-120s recoverys.	Double Pyramid: 2 x 2:00, 2 x 3:00, 4:00, 2 x 3:00, 2 x 2:00. Rest is half the time of the preceding effort.	Gareth Davies	Victoria Park	10-15 mins warm up, Decreasing efforts- 8 min (2), 6 min (2), 5 min (2), 4 min (90sec) 3 min (90 sec), 2 min (1) and 1 min. Start off with half mara pace and increase	Paul Dowdle	Taylor Park	2, 3, 4, 5, 4, 3, 2, mins with half static/walk recovery inbetween	Rachel Tickle	Sherdley Park	Easy warm up to victoria park. 3, 5, 7, 9, 7, 5, 3 min efforts (60 s recovery for 3 and 5 min efforts and 90s for 7 and 9 min efforts). easy jog back to club.	Nicola Howarth (2)	Victoria Park