

Stockport Harriers Intermediate Endurance Programme 2020/2021

Coaches

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Notes for training sessions on track.

Please keep in lane 4

15 minutes or 2 miles jog warm up before and after session.

Meet 6.45 prompt for longer runs.

Mixed Intervals = (with 400m jog between each interval)

1x3k at half marathon pace, (this interval can be done by running 1 lap on track and 1 lap on tops x 3),

1x1 mile at 10k pace, 1x1k at 5k pace, 1x800m at 3k pace.

25 Laps session = 1 lap at marathon pace straight into 1 lap at 5k pace x 25 – 10k in total

Mona Fartlek = 2 mile warm up, 2 x (90sec fast, 90 sec recovery),

4 x (60sec fast, 60sec recovery), 4 x (30sec fast, 30sec recovery),

4 x (15sec fast, 15sec recovery), then cool down

Fartlek 200m repeats = 2 mile warm up, 4 x (200m fast, 200m recovery), 1 mile at pace,

4 x (200m fast, 200m recovery), 1 mile at pace, then cool down

Week
Commencing
Tuesday:

Programme - April 2020 to March 2021

		<i>SATURDAY 4 APRIL - HAYFIELD TRAIL 18K</i> <i>SUNDAY 5 APRIL - MANCHESTER MARATHON</i>
07-Apr	Session 1	Track session - 400m with core work out!
	Session 2	5 x 1K (park) followed by strides
14-Apr	Session 1	Fartlek 200m repeats (see above for details)
	Session 2	4 miles at marathon pace - Old Waterloo Pub/Star & Garter route
		<i>SUNDAY 19 APRIL - KNUTSFORD 10K</i>
21-Apr	Session 1	4 x 8 minute 2 minute standing recovery
	Session 2	Hills and steps 5 of each x 2 set Vernon Park.
		<i>SUNDAY 26 APRIL - LONDON MARATHON</i>
28-Apr	Session 1	Fartlek 45 seconds fast 30 seconds recovery (5 laps)
	Session 2	Pyramids 200,400,600,800 then reversed.
		<i>TUESDAY 28 APRIL - BUXWORTH 5</i> <i>SATURDAY 2 MAY - BOLLINGTON 3 PEAKS</i>

05-May	Session 1	Mona Fartlek track session (see above for details)
	Session 2	Offerton 10k course.
12-May	Session 1	Reddish Vale run, meet 6.45 prompt
	Session 2	5K time trial (park) <i>WEDS 13 MAY - SHINING TOR</i> <i>SUNDAY 17 MAY - CHESTER HALF MARATHON</i>
19-May	Session 1	5 x 1000m 200m jog recovery
	Session 2	Pyramid 200,400,800, 1000 then reverse
26-May	Session 1	Mona Fartlek track session (see above for details)
	Session 2	Reddish vale run meet 6.45 prompt.
02-Jun	Session 1	Track session - 400m with core work out!
	Session 2	Steady off road run (Reddish Vale or Chadkirk) <i>WEDS 3 JUNE - BOARS HEAD FELL RACE</i>
09-Jun	Session 1	Hill and steps bottom to top Vernon Park 25 minutes continuous
	Session 2	50 secs fast, 40 sec recovery, 5 laps in the park <i>SATURDAY 13 JUNE - WINCLE TROUT</i>
16-Jun	Session 1	Reddish Vale run, meet 6.45 prompt
	Session 2	Horses head loop 30 minutes continuous <i>WEDS 17 JUN - OFFERTON 5M TRAIL RACE</i> <i>SUNDAY 21 JUNE - MARPLE TRAIL RACE</i>
23-Jun	Session 1	Mixed Intervals (see above for details)
	Session 2	Hill and steps starting from the stone Vernon park (Downhill technique) <i>WEDS JUN 26 - ROUND THE RESERS RACE</i> <i>FOODBANK 5K - TBA - JUNE, JULY, AUGUST</i>
30-Jun	Session 1	Run out with speed intervals & tempo - Reddish Vale
	Session 2	Pyramid 2x 800m, 4x 400m 2x 600m 75 sec recovery <i>THURS 2 JULY - SALE SIZZLER 1</i>
07-Jul	Session 1	3 x2000m 2 minute recovery
	Session 2	Paalaufs 4 each way in the park
14-Jul	Session 1	Warm up, then 1mile, (400m,300m,200m) x2, 1m then Cool down
	Session 2	Steady long run out Reddish Vale or Chadkirk <i>THURS 16 JULY - SALE SIZZLER 2</i>
21-Jul	Session 1	HELEN FRASER MEMORIAL HANDICAP RACE (CLUB RACE)
	Session 2	Woodbank Hall Hill continuous 30 minutes
28-Jul	Session 1	2 x 800m 4 x 400m 2 x 600m 90 seconds recovery
	Session 2	5 x 1000m park 200m jog recovery. <i>THURS 30 JULY - SALE SIZZLER 3</i>

04-Aug	Session 1	8 x 600m 200m jog recovery.
	Session 2	Horses head loop 30 minutes continuous <i>WEDS 5 AUG - QUARRY BANK TRAIL 5</i>
11-Aug	Session 1	Track session - 400m with core work out!
	Session 2	6 mile run out with 6 x 30 seconds sprints 2 x 20 minutes tempo <i>THURS 13 AUG - SALE SIZZLER 4</i>
18-Aug	Session 1	Off- road run or Helen Fraser route x 2 laps, meet 6:50pm
	Session 2	Paalaufs 4 each way in the park
25-Aug	Session 1	Fartlek 45 seconds fast 30 seconds recovery (5 laps)
	Session 2	Woods run - Tony Park's Chadkirk & Canal route
01-Sep	Session 1	Hills and steps 5 of each x 2 sets- and extra treat at the end!
	Session 2	6 x 6 minutes 2 min jog recovery <i>SUNDAY 6 SEPT - SOUTHPORT SEASIDE 10K</i>
08-Sep	Session 1	Fartlek 50 seconds fast 40 seconds recovery (5 laps)
	Session 2	Hills 8 from the bottom- Vernon Park or NZ Road (its hills get over it!) <i>SUNDAY 13 SEPT - PADFIELD PLUM FELL RACE</i>
15-Sep	Session 1	4 x 400m, 2 x 600m, 2 x 800m, 90 secs recovery
	Session 2	6 x 6 minutes 2 min jog recovery
22-Sep	Session 1	6 x 800m 75 sec recovery
	Session 2	Woodley long run
29-Sep	Session 1	Track session - 400m with core work out!
	Session 2	10K run (Route TBA) <i>SUNDAY 4 OCT - CONGLETON HALF MARATHON</i>
06-Oct	Session 1	Pyramid, 800m at 5k pace, 1k at 10k pace, 1200 m at HM pace
	Session 2	Fartlek 200m repeats (see above for details) <i>SUNDAY 11 OCT - TATTON PARK 10K</i>
13-Oct	Session 1	Tesco roundabout hill session, 25 mins continuous
	Session 2	Reddish Road /Heaton Chapel long run
20-Oct	Session 1	New Zealand Road, Park pub to Park gates, 30 minutes continuous
	Session 2	Woodley long run
27-Oct	Session 1	2x2.5 mile at 10k pace, Park Pub loop. Regroup 2 mins active recovery.
	Session 2	8x800m at 5k pace with 400m recovery.

03-Nov	Session 1	Tesco roundabout hill, sprint relay session
	Session 2	Mona Fartlek track session (see above for details) <i>ALEXANDRA PARK parkrun (BEST OF 5)</i> <i>SUNDAY 7 NOV - DERWENT DAMBUSTER 10M</i>
10-Nov	Session 1	8 x 800m- 70 sec recovery
	Session 2	Woodley road run
17-Nov	Session 1	Britannia loop, 30 minutes continuous, 5 min fast, 5 min easy
	Session 2	New Zealand Road, lamp post shuttles
24-Nov	Session 1	Fartlek 200m repeats (see above for details)
	Session 2	Reddish Road long run

01-Dec	Session 1	16 x 400m 90 sec recovery
	Session 2	Wrights Arms run <i>TBA - STOCKPORT 10M - CLUB RACE</i>
08-Dec	Session 1	Track session - 400m with core work out!
	Session 2	200m, 400m, 600m, 800m & reverse pyramid
15-Dec	Session 1	Christmas Lights run to Warwick Drive, Hazel Grove
	Session 2	Pick an envelope!!
22-Dec	Session 1	TBC - Check Track opening times
	Session 2	TBC - Check Track opening times <i>TBC - BOXING DAY RUN</i>
29-Dec	Session 1	TBC - Check Track opening times
	Session 2	TBC - Check Track opening times

Happy New Year 2021

05-Jan	Session 1	2 sets 15 mins West Park Road/Park Pub route
	Session 2	3 x 2000m 2 min recovery
12-Jan	Session 1	200m, 400m, 600m, 800m & reverse pyramid
	Session 2	2 sets 7 hill sprints West park road
19-Jan	Session 1	4 x 1 mile 2nd mile flat out
	Session 2	Tesco Hills - 20 mins continuous
26-Jan	Session 1	8 x 800m 90 sec recovery
	Session 2	2 sets 15 min West Park Road/Park Pub route

02-Feb	Session 1	4 x 400m, 3 x 800m, 4 x 400m 90 sec recovery
	Session 2	New Zealand road bottom to top gates 30 min continuous.
09-Feb	Session 1	Wrights Arms route run
	Session 2	16 x 400m 75 sec recovery
16-Feb	Session 1	Intervals – 1x2k at half marathon pace, 1x1 mile at 10k pace 1x1k at 5k pace, 1x800m at 3,000m pace. 1 lap jog recovery between intervals.
	Session 2	Park Pub loop – 30 minutes continuous.
23-Feb	Session 1	2 sets of 7 - West Park Road or as many as you can in 30 Minutes
	Session 2	800m, 1000m, 1200m, 1000m, 800m
02-Mar	Session 1	Britannia – 30 minutes continuous, 5 min fast, 5 min easy
	Session 2	8 x 800m, 80 sec standing recovery (or 25 laps – 1 lap 5k pace, 1 lap marathon pace)
09-Mar	Session 1	New Zealand Road, 25 mins continuous
	Session 2	10x400m 10k pace (7th 400m flat out), 1 lap recovery between each 400 (or 25laps)
16-Mar	Session 1	Park Pub Route - 15 min easy, 15 min steady, 15 min Threshold, 15 easy
	Session 2	3x1000m, 3x600m, 3x400m, 3x200m, 2 min recovery (or 25 laps)
23-Mar	Session 1	Wright arms 6 mile tempo run via Stepping Hill
	Session 2	8 x 800m 80 sec recovery (or 25 laps)
30-Mar	Session 1	New Zealand Road, 25 mins continuous
	Session 2	Woodley long run (or 25 laps)