

Stockport Harriers Intermediate Endurance Programme 2019/2020

Coaches

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Notes for training sessions on track.

Please keep in lane 5

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 2019 to March 2020

02-Apr	Session 1	New Zealand Road, 2x 8 x hill sprints - focus high knees good technique downhill.
	Session 2	800m, 1000m, 1200m, 1000m, 800m 200m jog recovery <i>Manchester Marathon - Sunday 7th April</i>
09-Apr	Session 1	Track session - 400m with core work out!
	Session 2	4 miles at marathon pace – Star & Garter (Waterloo) 5km mile loop
16-Apr	Session 1	Fartlek 200m repeats (see above for details)
	Session 2	10k run (Route TBA)
23-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>London Marathon - Sunday April 28th</i>
30-Apr	Session 1	Fartlek 45 seconds fast 30 seconds recovery (5 laps)
	Session 2	Pyramids 200,400,600,800 then reversed.

07-May	Session 1	Mona Fartlek track session (see above for details)
	Session 2	Offerton 10k course.
14-May	Session 1	Reddish Vale run, meet 6.45 prompt
	Session 2	5K time trial (park)
21-May	Session 1	5 x 1000m 200m jog recovery
	Session 2	Pyramid 200,400,800, 1000 then reverse
28-May	Session 1	Mona Fartlek track session (see above for details)
	Session 2	Reddish vale run meet 6.45 prompt.
04-Jun	Session 1	Track session - 400m with core work out!
	Session 2	Steady off road run (Reddish vale or chadkirk)
11-Jun	Session 1	50 seconds fast 40 sec recovery (5 laps)
	Session 2	Hill and steps bottom to top Vernon Park 25/ 30 minutes continuous <i>BOARS HEAD FELL RACE - WED 5 JUNE</i>
18-Jun	Session 1	Reddish Vale run, meet 6.45 prompt <i>WED 19 JUN - OFFERTON 5M TRAIL RACE</i>
	Session 2	Horses head loop 30 minutes continuous
25-Jun	Session 1	Mixed Intervals (see above for details) <i>WED JUN 26 - ROUND THE RESERS RACE; FOODBANK 1</i>
	Session 2	Hill and steps starting from the stone Vernon park (Downhill technique) <i>THURS 27 JUNE - SALE SIZZLERS 1</i>
02-Jul	Session 1	Pyramid 2x 800m, 4x 400m 2x 600m 75 sec recovery
	Session 2	Run out with speed intervals and tempo.
09-Jul	Session 1	<i>HELEN FRASER MEMORIAL HANDICAP RACE</i> or 3 x2000m 2 minute recovery
	Session 2	Paalaufs 4 each way in the park <i>THURS 11 JULY - SALE SIZZLERS 2</i>
16-Jul	Session 1	Track session with core work out or Fartlek 200m repeats
	Session 2	Steady long run out Reddish Vale or Chadkirk
23-Jul	Session 1	20 x 200m 2 sets of 10 – 100m jog recovery
	Session 2	Ups and downs continuous 30 minutes or Woodbank Hall Hill <i>WEDS 24 - FOODBANK 2 ; THURS 25 JULY - SALE SIZZLERS 3</i>
30-Jul	Session 1	2 x 800m 4 x 400m 2 x 600m 90 seconds recovery
	Session 2	5 x 1000m park 200m jog recovery.

06-Aug	Session 1	8 x 600m 200m jog recovery.
	Session 2	Horses head loop 30 minutes continuous <i>THURS 08 AUG - SALE SIZZLERS 4</i>
13-Aug	Session 1	Track session - 400m with core work out!
	Session 2	6 mile run out 6 x 30 seconds sprints 2 x 20 minutes tempo
20-Aug	Session 1	Off- road run meet 6.45
	Session 2	Tempo run with sprints last 10 minute easy. <i>WEDS 21 AUG - FOODBANK 3</i>
27-Aug	Session 1	Fartlek 45 seconds fast 30 seconds recovery (5 laps)
	Session 2	Woods run 6 x loop focus on the hills and form
03-Sep	Session 1	4 x 400m 2 x 600m 2 x 800m 90 sec recovery
	Session 2	6 x 6 minutes 2 min jog recovery
10-Sep	Session 1	Fartlek 50 seconds fast 40 seconds recovery (5 laps)
	Session 2	Hills 8 from the bottom- Vernon Park (its hills get over it!)
17-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
24-Sep	Session 1	6 x 800m 75 sec recovery
	Session 2	Woodley long run
01-Oct	Session 1	Track session - 400m with core work out!
	Session 2	10K run (Route TBA)
08-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)
15-Oct	Session 1	Tesco roundabout hill session, 25 mins continuous
	Session 2	Reddish Road long run
22-Oct	Session 1	New Zealand Road, Park pub to Park gates, 30 minutes continuous
	Session 2	Woodley long run
29-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.

05-Nov	Session 1	Tesco roundabout hill, sprint relay session
	Session 2	Mona Fartlek track session (see above for details)
12-Nov	Session 1	8 x 800m- 70 sec recovery
	Session 2	Woodley road run
19-Nov	Session 1	Britannia loop, 30 minutes continuous, 5 min fast, 5 min easy
	Session 2	New Zealand Road, lamp post shuttles
26-Nov	Session 1	Fartlek 200m repeats (see above for details)
	Session 2	Reddish Road long run
03-Dec	Session 1	16 x 400m 90 sec recovery
	Session 2	Wrights Arms run
10-Dec	Session 1	Track session - 400m with core work out!
	Session 2	200m, 400m, 600m, 800m & reverse pyramid <i>STOCKPORT 10m - Sunday 15th December</i>
17-Dec	Session 1	Steady recovery run (after Stockport 10m) or Christmas Lights run, Hazel Grove
	Session 2	Pick an envelope!!
24-Dec	Session 1	TBC - Check Track opening times
	Session 2	<i>BOXING Day RUN (THURS - TBC)</i>
31-Dec	Session 1	TBC - Check Track opening times
	Session 2	TBC - Check Track opening times
<u>Happy New Year 2020</u>		
07-Jan	Session 1	3 x 2000m 2 min recovery
	Session 2	2 sets 15 min West park road
14-Jan	Session 1	200m, 400m, 600m, 800m & reverse pyramid
	Session 2	2 sets 7 hill sprints West park road
21-Jan	Session 1	4 x 1 mile 2nd mile flat out
	Session 2	Tesco Hills - 20 mins continuous
28-Jan	Session 1	8 x 800m 90 sec recovery
	Session 2	2 sets 15 min West park road

04-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.
11-Feb	Session 1	16 x 400m 75 sec recovery
	Session 2	Wrights arms run
18-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.
25-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
03-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)
10-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)
17-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)
24-Mar	Session 1	Wright arms 6 mile tempo run via Stepping Hill
	Session 2	8 x 800m 80 sec recovery (or 25 laps)
31-Mar	Session 1	New Zealand Road, 25 mins continuous
	Session 2	Woodley long run (or 25 laps)