

Stockport Harriers Intermediate Endurance Programme 2021/2022

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 2021 to March 2022

06-Apr	Session 1	Pyramid 200,400,800, 1000 then reverse
	Session 2	5 x 1K (park) followed by strides
13-Apr	Session 1	Fartlek 200m repeats (see above for details)
	Session 2	4 miles at marathon pace - Old Waterloo Pub/Star & Garter route
20-Apr	Session 1	4 x 8 minute 2 minute standing recovery
	Session 2	Hills and steps 5 of each x 2 set Vernon Park.
27-Apr	Session 1	Fartlek 45 seconds fast 30 seconds recovery (5 laps park loop)
	Session 2	Pyramids 200,400,600,800 then reversed.

04-May	Session 1	Mona Fartlek track session (see above for details)
	Session 2	Offerton 10k course (Woodbank & Vernon Park 3 laps).
11-May	Session 1	Reddish Vale run, meet 6.45 prompt
	Session 2	5K time trial (park)
18-May	Session 1	5 x 1000m 200m jog recovery
	Session 2	Pyramid 200,400,800, 1000 then reverse
25-May	Session 1	Mona Fartlek track session (see above for details)
	Session 2	Reddish vale run meet 6.45 prompt.
01-Jun	Session 1	Track session - 400m with core work out!
	Session 2	Steady off road run (Reddish Vale or Chadkirk)
08-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
15-Jun	Session 1	Reddish Vale run, meet 6.45 prompt
	Session 2	Horses head loop 30 minutes continuous
22-Jun	Session 1	Mixed Intervals (see above for details)
	Session 2	Hill and steps starting from the stone Vernon park (Downhill technique)
29-Jun	Session 1	Run out with speed intervals & tempo - Reddish Vale
	Session 2	Pyramid 2x 800m, 4x 400m 2x 600m 75 sec recovery
06-Jul	Session 1	3 x2000m 2 minute recovery
	Session 2	Paalaufs 4 each way across the park
13-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
20-Jul	Session 1	Off Road Run - Cross Country/Woods loop x2
	Session 2	Woodbank Hall Hill continuous 30 minutes
27-Jul	Session 1	2 x 800m 4 x 400m 2 x 600m 90 seconds recovery
	Session 2	5 x 1000m park 200m jog recovery.

03-Aug	Session 1	8 x 600m 200m jog recovery.
	Session 2	Horses head loop 30 minutes continuous
10-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
17-Aug	Session 1	Off Road Run - Cross Country/Woods loop x2
	Session 2	Paalaufs 4 each way in the park
24-Aug	Session 1	Fartlek 45 seconds fast 30 seconds recovery (5 laps)
	Session 2	Woods run - Tony Park's Chadkirk & Canal route
31-Aug	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
07-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!)
14-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
21-Sep	Session 1	6 x 800m 75 sec recovery
	Session 2	Woodley long run
28-Sep	Session 1	Track session - 400m with core work out!
	Session 2	10K run (Route TBA)
05-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)
12-Oct	Session 1	Tesco roundabout hill session, 25 mins continuous
	Session 2	Reddish Road /Heaton Chapel long run
19-Oct	Session 1	New Zealand Road, Park pub to Park gates, 30 minutes continuous
	Session 2	Woodley long run
26-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.

02-Nov	Session 1	Tesco roundabout hill, sprint relay session
	Session 2	Mona Fartlek track session (see above for details)
09-Nov	Session 1	8 x 800m- 70 sec recovery
	Session 2	Woodley road run
16-Nov	Session 1	Britannia loop, 30 minutes continuous, 5 min fast, 5 min easy
	Session 2	New Zealand Road, lamp post shuttles
23-Nov	Session 1	Fartlek 200m repeats (see above for details)
	Session 2	Reddish Road long run
30-Nov	Session 1	16 x 400m 90 sec recovery
	Session 2	Wrights Arms run
07-Dec	Session 1	Track session - 400m with core work out!
	Session 2	200m, 400m, 600m, 800m & reverse pyramid
14-Dec	Session 1	Christmas Lights run to Warwick Drive, Hazel Grove
	Session 2	Pick an envelope!!
21-Dec	Session 1	TBC - Check Track opening times
	Session 2	TBC - Check Track opening times
28-Dec	Session 1	TBC - Check Track opening times
	Session 2	TBC - Check Track opening times
<u>Happy New Year 2022</u>		
04-Jan	Session 1	2 sets 15 mins West Park Road/Park Pub route
	Session 2	3 x 2000m 2 min recovery
11-Jan	Session 1	200m, 400m, 600m, 800m & reverse pyramid
	Session 2	2 sets 7 hill sprints West park road
18-Jan	Session 1	4 x 1 mile 2nd mile flat out
	Session 2	Tesco Hills - 20 mins continuous
25-Jan	Session 1	8 x 800m 90 sec recovery
	Session 2	2 sets 15 min West Park Road/Park Pub route

01-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.
08-Feb	Session 1	Wrights Arms route run
	Session 2	16 x 400m 75 sec recovery
15-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.
22-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
01-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)
08-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)
15-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)
22-Mar	Session 1	Wright arms 6 mile tempo run via Stepping Hill
	Session 2	8 x 800m 80 sec recovery (or 25 laps)
29-Mar	Session 1	New Zealand Road, 25 mins continuous
	Session 2	Woodley long run (or 25 laps)