

It is possible this may be our final Quota of Independent Sessions, according to the Government's Road Map -- Step 3 on May 17<sup>th</sup> states that for Outdoors most Social Contact Rules will be lifted. But as we know this depends on the many variables that affect the outcome of the Covid- 19 Pandemic.

In the mean time please maintain that social distance & run in 2's. If you are running on the pavements, please ensure you give pedestrians a wide birth as you overtake.

### ***March 22<sup>nd</sup> Mixed Efforts***

On November 18<sup>th</sup> you ran Mara's Session, this session is the equivalent overall timing but in shorter efforts! Yes, you are expected to work "Harder "!

Choose a flat quiet stretch, on road or off road.

Ensure you take a generous warm up, at least 2 miles!

- 2 min's X 1 - Recover for 2min's.
- 30 sec's x 3 - Recover for 1 min between each effort.
- This equals 1 set. Repeat twice.
- Recover for 1 to 2 min's between each set.

Cool down by running 2 easy miles. Gentle Stretching!

### ***March 29<sup>th</sup> Meet & Greet***

Fingers Crossed! It may now be possible to run with 4 people!! This session is always Great Fun!

Again choose a flat quiet area, this could be a large field or roads that link at one point!

Warm Up for 2 miles by running easily

- You work in 2's, you each run in the opposite direction & when you meet, turn about & run back to the start.
- Don't forget the effort, aim to maintain a 5k pace.
- Run 5 efforts = there & back.
- Recover for 90 sec's between each effort.

Cool Down for 2 Easy miles. Stretch!

### ***April 12<sup>th</sup> Continuous Hills – Timed***

It's several months since we tackled this session, in fact this was July (5 min's) & September (6 min's) last year. If you have been following these sessions, you have been running hills every other week! Therefore you should have no problem conquering this session!

Choose a hill with a gradual gradient.

Warm up for 2 to 3 miles.

- Carry out gentle calf drills beforehand i.e. neat skips, hamstring sweep
- Run uphill with effort, recover slowly on the downhill, then continue until you have run for 6 minutes.
- Recover for 2 minutes.
- Then repeat twice more (i.e. 6 min's x 3 in total).

Cool Down for 2 to 3 miles

## ***April 19th Out & Back Session***

This is a Challenging session, but it may be our last so let's give it a go!

As Dan said "he especially enjoyed this as being out front when we turned around & headed back with a 5k effort, I had 5 runners to chase down "!

Choose a quiet flat path or off road area, ideally no less than 400m in length. Identify the start point.

Warm Up for about 2 miles with Easy Running

Suggested running pace for these efforts is out at 10k pace and on the return 5k pace.

- Run out for 1 min: / return for 1 min:/ 60 sec's recovery
- Run out for 90 sec's/return for 90 sec's /90 sec's recovery
- Run out for 2 min's/return for 2min's/2min's recovery
- Run out for 90 sec's/return for 90 sec's/ 90 sec's recovery
- Run out for 1 minute/ return for 1 min:/ 60 sec's recovery

Cool down well after these efforts for at least 2 miles.

Compare to the efforts you ran on June 15<sup>th</sup> 2020.

## ***Fast Mile - a little extra challenge for this week***

A little extra session for you. Later during this week consider running a 'Fast Mile'. It will be a useful measure indication of how your training is progressing. Coach Chris will happy to receive your times!

## ***April 26th Hills – Mixed***

Choose a longish hill with a gradual gradient. The aim of this session is to pick up the speed gradually at which you run the hills as the repetitions get shorter!

This is a little different from previous mixed hill sessions, but by now you can do this!

Warm up with an easy pace for at least 2 miles.

- 5 x 1 minute
- 5 x 45 seconds
- 5 x 30 seconds each with a Generous jog back recovery.

You may need to recover for 2 minutes between each timed block. However if you take an adequate recovery back to the start this may be sufficient.

Remember to cool down well and do some stretches

## ***May 2<sup>nd</sup> 1 Km Efforts***

Always a valuable distance to practice regularly. This will be the 3<sup>rd</sup> time you have run this session over the past year (Dec: 14<sup>th</sup> and Aug:2<sup>nd</sup>).

Aim to run the same pace for each effort. This is more valuable to improve your Aerobic Fitness than erratic times!

Identify your 1km running route before your first effort.

Warm up well for at least 2 miles at an easy pace. Carry out a few low key running drills.

- 1 km x 5
- Recover for 90 seconds between efforts.

Cool down at an easy pace for approx.: 2 miles.

## ***May 9<sup>th</sup> Continuous Long Hills***

This is a favourite, although tough with a realistic quantity it's very doable!

This will be the 3<sup>rd</sup> session of Long Hills, therefore, it's time to increase the load, but you can do this!

Choose a long Hill with a Gradual Gradient.

Warm up for at least 2 minutes.

- Carry out a few Gentle Calf Stretches.
- 2 min's x 6
- Recover well on the downhill & continue.

Cool Down for at least 2 miles.

Finish with Gentle stretches.

## ***May 16<sup>th</sup> 1 Mile Efforts***

There are 2 options here:

- Run 1-mile Fast

or

- 1-mile x 5.
- Using your 5-mile Course from the latest CC 6 Route, break this down into 5 x 1-mile with a recovery of 90 seconds. Aim to achieve the same split times.

Warm Up & Cool Down well for approx. 2 miles for either chosen session!

If you wish please forward your mile times!

**Good luck to Everyone!**

**Keep Running & Keep Training!**

**Chris**