

Training Plan

February 2026

Training Focus:	We're now moving into the second month of the current training block (which runs from January to March). We're well and truly in the thick of this endurance focussed training block and we're all well on the way to being super prepared for a spring half-marathon, marathon, ultra marathon etc. In the first half of the month, we'll keep building on our Tempo Sessions, which will improve our ability to run 'hard for longer' alongside some hill sessions. In the second half of the month, we'll start some Float Interval sessions. These sessions teach our bodies to recover whilst still active, essentially super-charging the endurance we built in the earlier phase of the plan.												
Plan by:	Daniel Merrick												
Date	Session Description												
Mon 2 Feb		A - Daniel Merrick		B1 - Kylie Barlow		B2 - Kelly Hamilton		C - Alex Abbott					
Social Striders! 30:00 relaxed social run with Jackie Ellis.	Hilly muster run	Muster run with hills	John Williams	RL Choice	Coached hill session-technical practice plus Kenyan Hill man session	Kylie Barlow	RL Choice	6 mile hilly muster run	Anita Hall	RL Choice	~ 5 mile hilly muster	Gary Ward	RL Choice
Wed 4 Feb	Tempo Blocks (3) 12:00 at slightly faster than tempo pace, 3:00 jog recovery. Repeat 12:00 faster than tempo pace.	6:00 out, 6:00 back. 3:00 jog recovery. 6:00 out, 6:00 back. Option to 'float' the recovery to increase intensity of the session.	Gareth Davies	East Lancs (Liverpool)	12:00 at slightly faster than tempo pace, 3:00 jog recovery. Repeat 12:00 faster than tempo pace.	John Williams	Rainford Bypass (Golf Club)	2x 12 mins tempo with 3 mins jog recovery to regroup. 12 mins out, 3 mins jog, 12 mins back.	Jason Mather	East Lancs (Towards Manc)	2x 12 mins around perimeter of park, 3 jog regroup recovery.	Alex Abbott (2)	Queens Park
Mon 9 Feb	Move up Monday - Mile Repeats Up to 4 x 1 mile efforts at 10k effort, with slow jog recovery up to 2:00. Extra: up to 4 x 50s strides with walk back recovery if finished early.	4 x 1 mile efforts. Each to be done 'out and back' to keep group together.	Kylie Barlow	Rainford Bypass (Golf Club)	Warm up (10 mins) 4 x 1 mile off 2 min walk and regroup recovery Cool Down (10 mins)	Rachael Fairclough	East Lancs (Liverpool)	Warm up via Rivington Road, Boundary Road. 4 x lap of Queens Park (approx 0.8 mile) with 2 mins static recovery. Finish with 4 x 20 seconds fast uphill strides, job back recovery.	Jo Herriott	Queens Park	3-4 x mile efforts around perimeter of park (~10k pace). 2 min recovery between sets	Leslie Abbott (2)	Victoria Park
Wed 11 Feb	Tempo Blocks (4) 2 x 10:00 blocks of running at Tempo Pace, with a final block of up to 10:00. Up to 2:00 recovery between blocks. Option to 'float' the recovery to increase intensity of the session.	3 x 10:00 at Tempo Pace with 2:00 recovery between. Option to 'float' the recovery to increase intensity of the session.	Paul Howard	Queens Park	2x 10:00 blocks of running at Tempo Pace, with a final block of 8 mins 2:00 recovery between blocks.	Gemma Ireland	Rainford Bypass (B&G)	3 x 8 min tempo blocks as 4 mins out/4 mins back with 2 mins static recovery	Elaine Parry	Rainford Bypass (Golf Club)	Warm up to windle island, 2x10 and 1x8 blocks at tempo pace, 2 min jog regroup recovery between sets.	Jo Moss	East Lancs (Towards Manc)
Mon 16 Feb	"Steady State" Muster Run To be ran at your 'Steady Pace' (active, purposeful but not 'hard', a pace you'd be able to maintain for about an hour).	The goal is to be in 'steady state' for an extended period of time, so don't run so fast that you have to rest at the muster points. Keep it controlled and sensible.	Kelly Hamilton	RL Choice	Steady state muster this should be harder than an easy run - but controlled something you can maintain for an hour - no quicker than 8 min/mile for this group	Graham Jones	RL Choice	Warm up 1 mile, 4 miles steady run (between 8:45-9:15 a mile pace), 1 mile cool down. Regular mustering.	Anita Hall	RL Choice	4-5 mile muster at steady pace	Sharon Swift	RL Choice
Wed 18 Feb	Track - Floats Coaches choice of combinations of: 900m with 300m float (3 laps) 600m with 200m float (2 laps) 300m with 100m float (1 lap)	2x 900m 10k pace, 300m float, 3 x 600m 5k pace, 200m float, 4 x 300m 3k pace, 100m float. 1:30 static rest between sets.	Dan Merrick	Sutton Leisure Centre	Coaches choice of combinations of: 2x 900m with 300m float (3 laps) 2x 600m with 200m float (2 laps) 2x 300m with 100m float (1 lap)	Kylie Barlow	Sutton Leisure Centre	Warm up 4 laps as 3 easy, 1 steady (bit quicker), 4x 15 second strides, 6x 800m as 600m effort, 200m float. Continuous running for 3 miles. Cool down.	Rachel Tickle	Sutton Leisure Centre	4-5 mile easy muster run starting from Ruskin drive, or Track with B2	Jo Moss	RL Choice
Mon 23 Feb	Mona Fartlek Varying paces, with continuous running in reps of: 2 x 90s, 4 x 60s, 4 x 30s, 4 x 15s. Easy jog recovery after each rep for the same time as the effort.	Slight' modification to increase total volume: 3 x 90s hard, 90s jog, 4 x 60s hard, 60s jog, 4 x 30s hard, 30s jog, 4 x 15s hard, 15s jog.	Richard Seville	Queens Park	Warm up 10 mins Mona Fartlek 2 x 90s, 4 x 60s, 4 x 30s, 4 x 15s. Easy jog recovery after each rep for the same time as the effort. Cool down 10 mins	Paul Dowdle	Rainford Bypass (Golf Club)	Warm up of 10 mins inc 4 x 15 second strides before main Mona Fartlek session.	Jo Herriott	Saints Stadium	Warm up jog to Victoria park, Mona Fartlek: 2 x 90s, 4 x 60s, 4 x 30s, 4 x 15s. Easy jog recovery after each rep for the same time as the effort.	Jenny Appleton	Victoria Park
Wed 25 Feb	Float Intervals (1) Up to 10 reps of 3:00 @ 10k effort, with a 2:00 'float' recovery. A float recovery is faster than an easy jog, so will feel purposeful and active, but is still slow enough to let you recover.	Meet at Rangoli Sankey Arms, Blackbrook. Warm-up to the East Lancs, with efforts to be completed out and back towards Manchester. Complete between 8 - 10 reps, turning around after each float section is complete.	John Williams	East Lancs (Pewfall Jct)	Warm Up 10 mins 8 x 3:00 @ 10k effort, with a 2:00 'float' recovery. Cool down 10 mins	Kirstie McCaffrey	Queens Park	Warm up inc 4 x 15 second strides. 5 x 5 mins as 3 mins 10k effort, 2 mins float.	Sue Heaps	Rainford Bypass (B&G)	Warm up to windle island, 6 x 3 min at 10k pace, with 2 min float recovery (3 out and 3 back). Cool down jog back to club	Nicola Howarth (2)	Rainford Bypass (Golf Club)