

Training Plan

October 2025

ST.HELENS
Striders

Training Focus:	October marks the switch from our 10k(summer) focus to our winter hills. Dark night mean we will be sticking to well lit roads. Hi Vis/ Bright clothing is a must (please dont make us hand out hi vis vests), not only are you more visible for road traffic, its easier for the run leaders to keep track of everyone. This is a 3 month cycle of training. We will be transitioning to more endurance focus with shorter or jog recoverys.												
Plan by:	Alex Abbott												
Date	Session Description	A - Daniel Merrick			B1 - Kylie Barlow			B2 - Kelly Hamilton			C - Alex Abbott		
		Notes	Run Leader	Location	Notes	Run Leader	Location	Notes	Run Leader	Location	Notes	Run Leader	Location
Wed 1 Oct Social striders with Jackie	Kenyan Hills- 2 x 15 minute intervals(HM pace) with 3 min recovery between sets	2 sets of 15 minutes of continuous running alternating between the biggest loop and smallest loop. 3:00 rest to regroup between. Aim to run at 'hard effort' on the up and down, and a 'recovery effort' on the flat bits.	Gareth Davies	Croppers Hill	Warm up - 2 sets 15 min tempo sets using Victoria park hills hard up and down hills Cool Down	Paul Dowdle	Victoria Park	6 x Kenyan hill loops with 90 seconds static rest. Bishop Road, Cowley Hill, back through the park. Approx 600m loops.	Anita Hall	Victoria Park	Loops of hard lane, windle hall drive, Whalley Ave. 2x15 min sets -2/3 laps a set.	Jenny Appleton	Hard Lane
Mon 6th Oct (move up Monday)	Hilly Tempo- 3x 10min tempo (2 min regroup jog recovery between sets)	3 x 10:00 at Tempo effort with a 3:00 jog recovery to regroup. To be ran in an out and back format (5:00 out, 5:00 back)	Paul Howard	East Lancs (Liverpool)	Warm up - 3 x 10 mins using B&G route @ 10km pace 2 min jog recovery and regroup between each CD)	Jenny Martin	Rainford Bypass (B&G)	3 x 10 min tempo @ HM pace (2 mins jog recovery to regroup)	Elaine Parry	Gamble Avenue	3 x loops of perimeter of the park (city road, rutland street, cowley hill, bishop road)	Leslie Abbott (2)	Victoria Park
Wed 8th Oct	Muster run with hills - 5 to 7 miles	Muster run of approx. 7 miles	Gareth Davies	RL Choice	Easy muster run 60 mins approx 6-6.5 miles	Kylie Barlow	RL Choice	6 mile muster	Katie Mansell	RL Choice	5 mile muster run including some hills on route	Nicola Howarth (2)	RL Choice
Mon 13th Oct	Beat the clock- Easy 21-24 mins out, Tempo 16-18 mins back (2-3 min recovery.	24 mins easy pace out, see if you can get back to the starting point in 18 mins.	Kelly Hamilton	Rainford Bypass (Golf Club)	Beat the clock- Easy 22mins out, Tempo 18 mins back (2-3 min recovery.	Rachael Fairclough	East Lancs (Liverpool)	Beat the clock. 21 mins out, 17 mins back.	Jason Mather	East Lancs (Towards Manc)	Beat the clock, 21 mins easy out, 17 tempo back.	Gary Ward	Rainford Bypass (B&G)
Wed 15th Oct- Track	Track- 400m x1-2 (60s recovery), 800m x1-2 (90s), 1600m x2-3(120s), 800m(90s), 400m x1-2 (60s)	4 x 400m, off 60s static / 2 x 800m, off 90s static / 2 x 1600m, off 2mins static	Paul Howard	Sutton Leisure Centre	Warm up 4 laps & drills 2 x 400 (1min rest) 1 x 800 (2 min rest) 1 x 1600 (3 min rest) 1x 800 (2 min rest) 2 x 400 (1 min rest) Cool Down	Kirstie McCaffrey	Sutton Leisure Centre	2 x 400m (60), 1 x 800m (2 mins), 1 x 1600m (3 mins), 1 x 800m (2 mins), 2 x 400m (60).	Jo Herriott	Sutton Leisure Centre	Easy Muster run - 4-5 miles or Track with B2	Nicola Howarth (2)	RL Choice
Mon 20th Oct	Hills- 10-14 hill loops (45 to 60s up) with jog recovery down. 2-3 min static recovery at halfway point.	Hill efforts as follows: 5 x 45s / 2:00 jog recovery / 3 x 60s / 2:00 jog recovery / 5 x 45s. Walk/easy jog back down to recover.	Kieran Allen	City Road Hill	Long warm up- 10 x hill loops (45 to 60s up) with jog recovery down. 2 min static recovery at halfway point.	Graham Jones	Hard Lane	4 x 60 sec hill efforts with jog back. 2 mins rest. 4 x 45 hill efforts with jog back. 90 secs rest. 4 x 30 sec hill effort with jog back.	Jason Mather	Rugby Club	2 sets of 5x hill loops of Lord street/cowley street.	Sharon Swift	Lord Street
Wed 22nd Oct	3x 8-12 min Tempo with jog regroup recovery between sets	3 x 10:00 at Tempo effort with a 3:00 jog recovery to regroup. To be ran in an out and back format (5:00 out, 5:00 back)	Dan Merrick	East Lancs (Towards Manc)	Warm up 6 x 5 min threshold intervals @ HM pace with 3 min recovery between each (walk regroup) Cool Down	Paul Brown	Rainford Bypass (Golf Club)		Elaine Parry	Queens Park	3x 8 min tempo with jog regroup recovery between (2-3 mins)	Jason Mather (2)	East Lancs (Liverpool)
Mon 27th Oct Social striders with Jackie	Muster run with hills - 5 to 7 miles	Muster run of approx 7mi	Rachael Fairclough	RL Choice	Easy muster run 60 mins approx 6-6.5 miles	Graham Jones	RL Choice	Hilly 6 mile muster run	Katie Mansell	RL Choice	Muster run, with some hills on route -5 miles	Leslie Abbott (2)	RL Choice
Wed 29th Oct	Hilly Tempo- 2x 15min intervals at HM pace (2 min regroup jog recovery between)	2 sets of 15:00 of continous running on the bottle and glass loop, with 2:00 easy jog recovery to regroup. Aim for HM effort.	Dan Merrick	Rainford Bypass (B&G)	Warm up - 2 x 15 min Croppers Hill continuous (adjust session as needed for safety) CD	Paul Dowdle	Croppers Hill	3 x 1 lap of the Avenue @ tempo pace. 2.5 mins static rest.	Sue Heaps	The Avenue	2x figure of 8 loops of queens park, (2-3 min recovery), 2x figure of 8 loops in oposite direction	Jenny Appleton	Queens Park