

# Training Plan

April 2026

**ST.HELENS**  
Striders

Training Focus:													
April is the first month of the three month spring training plan. We will be focusing on running form and raw speed (leg turnover and power) in preparation for shorter distance, road races. Rest will be static this month, unless to regroup. We will progress to floats over the three months.													
Plan by:													
Kelly Hamilton													
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
Wednesday 1 April	<b>SPEED INTERVALS</b> 10-16 x 1 minute fast/1 minute walk recovery. Can be done in blocks in order to regroup or as a paulaff relay.	5 blocks of 3 x (1:00 Fast', 1:00 walk), with a walk/jog back to the start between blocks. Efforts 'out' and recoveries 'back'.	No session due to no Run Leader availability	East Lincs (Liverpool)	12 x 1 minute fast/1 minute walk recovery. Can be done in blocks in order to regroup or as a paulaff relay.	Paul Dowdle	Queens Park	Two sets of 5 x paulaff relay (approx 300m/1 minute). Static rest when partner is running. Long warm up/down to hit minimum 5 miles for session.	Sue Heaps	Bishops Road Field	Warm up to victoria park. Using loop at bottom of park (bishop road, and path parallel to the road) 2 sets of 5x 1 min fast 1 min walk recovery.	Jenny Appleton	Victoria Park
Monday 6 April	Monday 6 April (Bank holiday - no club session but check social page for any social runs)												
Wed 8 Apr	<b>PYRAMID</b> Pyramid efforts gradually increasing time OR distance OR effort with short static recovery.	Efforts at 5k Pace of: 2:00 (45s), 3:00 (60s), 4:00 (90s), 6:00 (120s), 4:00 (90s), 3:00 (60s), 2:00. Walking rest as indicated in brackets.	John Williams	Queens Park	Long warm up 2,4,6,4,2 off 30/60/90s/60/30s Long Cool Down	Kirstie McCaffrey	Berringtons Lane	Efforts at 5k pace with static rest. Out and back - 1 min out (30), 1 min back (30), 2 mins out (60), 2 mins back (60), 3 mins out (90), 3 mins back (90), 2 mins out (60), 2 mins back (60), 1 min out (30), 1 min back.	Jason Mather	East Lincs (Liverpool)	warm up to windle island. 1 (30sec), 3 (90sec), 5 (2 mins), 7 (2 mins), 5 (2mins), 3 (90sec), 1 min (30sec) at 5k pace with static recoverys	Sharon Swift	Rainford Bypass (Golf Club)
Mon 13 Apr	<b>TEMPO SANDWICH</b> 8-10 minute tempo-recover>3-4 x shorter intervals @ 10k effort-recover>8-10 minute tempo.	10:00 @ Tempo Pace / 2:00 walk to regroup / 6 x 90s @ 10k pace, 60s rest / 2:00 walk recovery / 10:00 @ Tempo Pace	Kieran Allen	Rainford Bypass (B&G)	Warm up 10 mins - 10 min tempo (HM pace +) 90s recovery 4 x 3 mins @ 10k pace off 1 min static recover 90s 10 min tempo CD	John Williams	Victoria Park	8 mins tempo @HM effort (3 mins jog recovery), 4 x 3 mins @10k effort (90 secs jog recovery), 8 mins tempo at HM effort.	Jo Herriott	Rainford Bypass (Golf Club)	Warm up to windle island. Out: 8 mins tempo (-HM pace), 2 min recovery, 2x 2 mins at 10k pace (1 min recovery) Back: 2x 2min at 10k pace (1 min recovery), 8 mins tempo.	Rachel Tickle	East Lincs (Liverpool)
Wed 15 Apr	<b>TRACK</b> Track. 6-8 x 800m efforts at sub 5k effort with 2 mins static recovery. Aim is to run these consistently fast. 5 mins rest. 2-4 x 200m fast efforts with walk back recovery OR done as a relay.	6 x 800m @ 3k pace with 2:00 static recovery // easy jog whilst regrouping // 4 x 200m as a relay in pairs.	Richard Seville	Sutton Leisure Centre	WU 4 laps drills strides 6 x 800m efforts at sub 5k effort with 2 mins static recovery 5 mins rest 4 x 200m fast efforts with walk back recovery OR done as a relay. CD	Kylie Barlow	Sutton Leisure Centre	Warm up 4 laps progressive pace. 4 x 15 sec strides. 5 x 800m at sub 5k effort with 2 mins static rest. 5 mins rest. 2 x 200m fast with jog back recovery (or as a relay). Cool down.	Rachel Tickle	Sutton Leisure Centre	Easy muster run (4-5 miles) from Ruskin Drive or Track with B2	Nicola Howarth (2)	RL Choice
Mon 20 Apr	<b>FARTLEK</b> 4-6 blocks using three gears - 1 minute HM effort, 1 minute 10k effort, 1 minute 5k effort, 30 seconds sub 5k effort (total 3:30 mins effort) - 3 mins jog recovery to regroup. Continuous run.	6 x (1:00 HM pace, 1:00 10k pace, 1:00 5k pace, 0:30 Fast) 3:00 easy jog to regroup between efforts but no stopping, to be ran continuously.	Paul Howard	Victoria Park	WU 6 x three gears - 1 minute HM effort, 1 minute 10k effort, 1 minute 5k effort, 30 seconds sub 5k effort (total 3:30 mins effort) - 3 mins jog recovery to regroup. Continuous run. CD	Rachael Fairclough	RL Choice	5 blocks of 1 minute HM effort, 1 minute 10k effort, 1 minute 5k effort, 30 seconds sub 5k effort (total 3:30 mins effort) - 3 mins jog recovery to regroup. Continuous run.	Anita Hall	Queens Park	5x 1 minute HM effort, 1 minute 10k effort, 1 minute 5k effort, 30 seconds sub 5k effort (total 3:30 mins effort) - 3 mins jog recovery to regroup. Continuous run.	Rachel Tickle	Victoria Park
Wednesday 22 April	<b>OUT AND BACK INTERVALS</b> 4-6 x 2 mins out/2 mins back @5k effort. 90 seconds static rest. Aim is to get back to the start on each effort. Long warm up and cool down. Less volume reps, focus on maintaining speed.	6 x 2:00 out, 2:00 back with 90s static rest between efforts. To be ran at 5k pace - aim to finish exactly where you started, and to turn at the same point in every effort.	Dan Merrick	Rainford Bypass (Golf Club)	Long WU 10 mins + 5 x 4 mins as 2 mins out/2 mins back @5k effort. 90 seconds static rest. Aim is to get back to the start on each effort. Long CD 10 mins +	Graham Jones	Sankey Valley (Rangoli Sankey Arms)	5 x 2 mins out/2 mins back (4 mins total) @5k effort. 90 secs static rest.	Sue Heaps	East Lincs (Towards Manc)	5x 2 mins out/ 2 mins back (5k pace), 90sec recovery	Sharon Swift	Rainford Bypass (B&G)
Mon 27 Apr	<b>PROGRESSIVE RUN</b> Progressive muster run. Aim to progressively increase effort over 3-6 miles with warm up and cool down either side.	RLs choice of muster route, picking up the pace by 10s per mile every mile for 6 miles.	Kelly Hamilton	RL Choice	Progressive muster run. Aim to progressively increase effort over 5 miles with warm up and cool down of 1/2 mile each	John Williams	RL Choice	Progressive muster run. 1 mile warm up, 4 miles progressively increasing effort, 1 mile cool down.	Jo Herriott	RL Choice	Muster run, 10 min easy jog warm up, 3-4 mile Progressive muster, 10 min easy cool down jog.	Leslie Abbott (2)	RL Choice
Wed 29 Apr	<b>SPEED INTERVALS</b> 10-16 x 1 minute fast/1 minute walk recovery. Can be done in blocks in order to regroup or as a paulaff relay.	5 blocks of 3 x (1:00 Fast', 1:00 walk), with a walk/jog back to the start between blocks. Efforts 'out' and recoveries 'back'.	Gareth Davies	Victoria Park	12 x 1 minute fast/1 minute walk recovery. Can be done in blocks in order to regroup or as a paulaff relay.	Gemma Ireland	The Dream	Repeat of 1 April session but adding on 2 reps. Two sets of 6 x paulaff relay (approx 300m/1 minute). Static rest when partner is running. Long warm up/down to hit minimum 5 miles for session.	Elaine Parry	Victoria Park	Warm up to queens park. Using perimeter of the park 2 sets of 6x 1 min fast 1 min walk recovery.	Rachel Tickle	Queens Park