




# Training Plan

April 2024

**ST. HELENS**  
Striders

| <p>April is the first month of a three month 5k training plan. Interval sessions will be focused on 2 minute efforts at goal 5k race pace with static recovery. Emphasis is to hit the effort hard and so we will be utilising a full, static recovery. Tempo runs will be shorter but transitioning from half marthon effort to 10k effort. You will find speed intervals sandwiched or at the end of EITHER a tempo session or interval session (once per week).</p> <p>*NB - For all those who have raced a marathon, the coaches recommend that you take a minimum of 2 weeks rest/easy running before starting a 5k focused training plan. You can still attend club but running should be easy to facilitate the post-marathon recovery.</p> |   |   |                 |                             |  |                   |                       |  |               |                        |  |                    |                             |
|--|---|---|-----------------|-----------------------------|--|-------------------|-----------------------|--|---------------|------------------------|--|--------------------|-----------------------------|
| Plan by: Kelly Hamilton  |   |   |                 |                             |  |                   |                       |  |               |                        |  |                    |                             |
| Date   | Session Description   | A - Daniel Merrick  |                 |                             | B1 - Rachael Fairclough  |                   |                       | B2 - Kelly Hamilton  |               |                        | C - Alex Abbott  |                    |                             |
|  |   | Notes   | Run Leader      | Location                    | Notes  | Run Leader        | Location              | Notes  | Run Leader    | Location               | Notes  | Run Leader         | Location                    |
| Mon 1 Apr  | Bank Holiday  | <p><b>Bank Holiday - No Official Sessions</b><br/>Keep an eye on facebook for details of any social runs</p>  |                 |                             |  |                   |                       |  |               |                        |  |                    |                             |
| Wed 3 Apr  | <p><b>Intervals</b></p> <p>2:00 efforts with 90s static recovery, to be ran at '5k Effort'.</p>   | Aim to complete 9 or 10 reps.   | Kelly Hamilton  | Rainford Bypass (Golf Club) | Aim to complete 7-8 reps. Easy long wu to Queens park (1.5 miles)  | Kirstie McCaffrey | Queens Park           | Aim to complete 6 reps. Out and back.  | Jo Herriott   | East Lancs (Liverpool) | Using bishop road and the bottom path in the park. Aim for 6 reps, loops in one direction.   | Jo Moss            | Victoria Park               |
| Mon 8 Apr  | <p><b>Tempo - Progressive</b></p> <p>3 blocks (7-10 mins), first block 'Steady', second 'Tempo' and third '10k' pace, with 2:00 easy between. 4 x 30s at 5k effort to finish.</p> | <p>10:00 Steady<br/>10:00 HM pace<br/>8:00 10k pace<br/>4 x 30s @ 5k pace<br/><i>Out and back format.</i></p> | Kieran Allen    | East Lancs (Liverpool)      | <p>Easy wu. 3 x 8 min (2 mins jog) blocks increasing pace by 10-15 seconds per mile for each block. Take first block fairly steady and build from there. Use parkrun course. Regroup on the 2. 4 x 30 second strides to finish</p> | Jenny Martin      | Victoria Park         | <p>8:00 steady (2)<br/>8:00 tempo (2)<br/>6:00 10 effort (2)</p>             | Elaine Parry  | Rainford Bypass (B&G)  | <p>Easy warm up jog to queens park/boundray road. 10 min steady, 2 min regroup and easy jog recovery. 7 min tempo, 2 min regroup and jog recovery. alternate direction around park 7 min at 10k pace. easy jog back to club.</p> | Gary Ward          | Queens Park                 |
| Wed 10 Apr   | <p><b>Intervals</b></p> <p>2:00 efforts with 90s static recovery, to be ran at '5k Effort'.</p>   | Aim to complete 1 more rep than last week (between 10 -11)  | Richard Seville | Rainford Bypass (B&G)       | Aim to complete 7-8 reps but a little quicker than the week before. Easy WU to Taylor Park. Use the path from Prescot road entrance towards main park  | Kylie Barlow      | Taylor Park           | Aim to complete 7 reps. Out and back.  | Sue Heaps     | East Lancs (Liverpool) | Using bishop road and the bottom path in the park. Aim for 7 reps, loops in one direction. One more than previous week.  | Alex Abbott (2)    | Victoria Park               |
| Sat 13 Apr   | Park Run Tourism  | <p><b>Worsley Woods</b><br/>Keep an eye on facebook for further details.</p>                                  |                 |                             |  |                   |                       |  |               |                        |    |                    |                             |
| Sun 14 Apr   | Mersey Tunnel 10k   | <p>A Merseyside Grand Prix qualifying race</p>  |                 |                             |  |                   |                       |  |               |                        |   |                    |                             |
| Mon 15 Apr   | <p><b>Tempo - Blocks</b></p> <p>4 blocks (5-8 mins) at Tempo effort with 2:00 easy to regroup.</p>  | <p>3 x 8:00<br/>1 x 6:00</p>  | Kieran Allen    | East Lancs (Liverpool)      | Use o/b format on the road past the Rugby club (start at Windle). 4 x 6 mins with 2 mins regroup   | Les Abbott        | Rugby Club            | <p>2 x 6:00 (2)<br/>2 x 5:00 (2)</p>   | Mark Hamilton | Queens Park            | <p>2x 5 mins out (2 min regroup and recovery),<br/>2x 5 mins back (2 min regroup and recovery)</p>   | Gary Ward          | Rainford Bypass (Golf Club) |
| Wed 17 Apr   | <p><b>Track</b></p> <p>2 sets of 400m efforts (4-8 reps) at 5k effort, with 1:00 static rest. 3:00 easy between sets. 2-4 x 200m "fast"</p>                                       | <p>8 x 400m<br/>3:00 easy<br/>8 x 400m<br/>4 x 200m</p>   | Dan Merrick     | Sutton Leisure Centre       | 4-6 lap wu plus strides. 2 x (5 x 400) as an introduction to faster efforts with 60 sec static. 3 min jog or static between sets. 3 x 200m.  | Paul Brown        | Sutton Leisure Centre | <p>4 x 400m (1)<br/>1 lap easy<br/>4 x 400m (1)<br/>2 x 200m (walk back)</p> | Jess Wood     | Sutton Leisure Centre  | <p>3 lap warm up.<br/>4x 400m efforts (static 1 min rest),<br/>1 x 400m easy jog (static 1 min rest),<br/>4x 400m efforts (static 1 min rest),<br/>2x 200m (static 1 min recovery)</p>   | Nicola Howarth (2) | Sutton Leisure Centre       |

|                   |   |   |                    |                        |   |                    |                    |   |                |   |  |                |                        |
|-------------------|---|---|--------------------|------------------------|---|--------------------|--------------------|---|----------------|---|--|----------------|------------------------|
| <b>Mon 22 Apr</b> | <b>Tempo - Alternating</b><br>2 x (Tempo Rep, 2:00 easy, 10k Rep)<br>Each rep to last 5-8 mins. Finish with 4-30-45 second "fast" | 2 Repeats of:<br>8:00 @ HM effort<br>2:00 easy<br>8:00 @ 10k effort<br>4 x 45s "fast" | Rachael Fairclough | Rainford Bypass (B&G)  | Easy WU to Taylor Park. 2 x 8 mins steady (2) and 8 mins @ 10km pace. Start at Prescott road entrance (gates), run to Lake, full lap of Lake and back towards Gates. Regroup on the recovery. Steady pace can be 30-40 seconds slower than 10km pace. 4 x 30 second "fast". | Graham Jones       | Taylor Park        | 2 Repeats of:<br>6:00 @ HM effort<br>2:00 easy<br>6:00 @ 10k effort<br>2:00 easy<br>4 x 30 seconds "fast" | Jason Mather   | Victoria Park   | Out and back (2x):<br>6 mins tempo, 2 mins easy, 5 mins 10k pace.<br>4 x 30s fast (two out and two back)   | Gary Ward      | East Lincs (Liverpool) |
| <b>Wed 24 Apr</b> | <b>Intervals</b><br>2:00 efforts with 90s static recovery, to be ran at '5k Effort'.  | Aim to complete 1 more rep than last week (between 11-12)                             | Dan Merrick        | Queens Park            | Long wu (1.5 miles) Providing weather has been dry, use the field for a good grass session around perimeter. Aim for 8 consistent splits  | Paul Dowdle        | Bishops Road Field | Aim to complete 8 reps. Out and back.   | Katie Mansell  | East Lincs (Liverpool)  | As previous weeks with extra Rep. Using bishop road and the bottom path in the park. Aim for 8 reps, loops in one direction.   | Sharon Swift   | Victoria Park          |
| <b>Wed 24 Apr</b> | <b>Wirral Seaside 5k</b>  | A Merseyside Grand Prix qualifying race   |                    |                        |   |                    |                    |   |                | <br><b>MERSEYSIDE GRAND PRIX</b> |  |                |                        |
| <b>Mon 29 Apr</b> | <b>Tempo - Sandwich</b><br>8-10min @ 10k, 2:00 easy, 4 x 60s @ 5k (60s rest), 2:00 easy, 8-10min @ 10k.                           | 10:00 @ 10k<br>2:00 easy<br>4x60s 5k/60s rest<br>2:00 easy<br>10:00 @ 10k             | John Cahill        | East Lincs (Liverpool) | Providing weather is dry, WU to Berringtons via Lady Pilks. Route via Berringtons and linear path into Rainford, and then back up bypass. 10 mins @ 10km (2), 4 x 60 secs (60) and 10 mins @ 10km   | Rachael Fairclough | Berringtons Lane   | 8:00 @ 10k effort<br>2:00 easy<br>4 x 60x 5k/60s rest<br>8:00 @ 10k effort                                | Nicola Howarth | Rainford Bypass (Golf Club)   | OUT:<br>8 mins at 10k pace (out towards rainford),<br>2 min regroup and easy jog,<br>2x 60s with 60s static recovery<br>BACK:<br>2 x 60s with 60s static recovery,<br>2 min regroup and easy jog,<br>8 mins at 10k pace. | Jenny Appleton | Rainford Bypass (B&G)  |