

Training Plan

March 2025

ST.HELENS
Striders

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Training Focus:													
Plan by:													
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 3 Mar	IWD Event or "Steady State" Muster Run We are holding a night walk (3 miles) and run (4-5 miles) for female members to celebrate IWD and as part of our 40th anniversary. This is an opportunity for females across the club to chat, share stories and celebrate. We will meet in the Sticky Wicket afterwards at 8pm for a well earned drink	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.	Paul Howard	Rainford Bypass (Golf Club)	Muster run for those not participating in the IWD event	Paul Dowdle	RL Choice	Muster run on the hilly Griffin Grind route to mirror a "steady state" i.e not easy but a run you can do continuous. Regular mustering.	Anita Hall	Griffin Grind	Muster run for those not participating in the IWD event	Gary Ward	RL Choice
Wed 5 Mar	Float Intervals (2) Up to 10 reps of 3:00 @ 10k effort, with a 1:45 'float' recovery. Progression on the previous session, with a slightly reduce float time.	Between 8 - 10 reps. Out and back format, turning around after each float section is complete.	Dan Merrick	East Lincs (Liverpool)	Longer warm up to Queens park (1.5 miles), 8 x 3 mins @ 10k pace with 1:45 float recovery/ muster	Jenny Martin	Queens Park	8 x 3 mins @10k effort with 1:45 float recovery to regroup. 4 efforts out and 4 efforts back	Katie Mansell	East Lincs (Towards Manc)	Easy warm up to windle island. 7x 3 mins at 10 k pace with 1:45 float recovery.	Jo Moss	Rainford Bypass (Golf Club)
Mon 10 Mar	Move Up Monday												
Social Striders! 30:00 relaxed social run with XXXX	Strider File - All jogging at an easy pace in 'single file', the back run	Easy warm up to Windle Island. Strider file to Mossborough Island, 3:00 recovery, Strider file back to Windle.	Kelly Hamilton	RL Choice	Strider file using Windle Island to Rainford route	Paul Brown	Rainford Bypass (Golf Club)	Strider file to Mossborough Island. Easy run round Thickwood Moss/Pastures Lane. Strider file back to Windle.	Jason Mather	Rainford Bypass (Golf Club)	Strider file, out to game bird and back.	Sharon Swift	East Lincs (Liverpool)
Wed 12 Mar	Float Intervals (3) Up to 12 reps of 2:00 @ 5k effort, with a 1:30 'float' recovery. The efforts in this one are faster and shorter than in previous sessions, giving higher training intensity.	Between 8 - 10 reps. Out and back format, turning around after each float section is complete.	Dan Merrick	Queens Park	10 x 2 mins @ 5km pace around Saints using 1:30 float recovery to regroup	Kylie Barlow	Saints Stadium	8 x 2 mins @5k pace with 90 seconds float recovery to regroup.	Sue Heaps	East Lincs (Liverpool)	8 x 2 mins @5k pace with 90 seconds float recovery /regroup.	Nicola Howarth (2)	Victoria Park
Mon 17 Mar	Tempo Blocks Coaches' choice of tempo blocks with static recoveries between.	Keeping the tempo build from Jan & Feb relevant, we'll complete 3 x 10:00 blocks with 2:00 rest. This is a hilly loop, so adjust the paces accordingly, focussing on a consistent effort rather than pace.	Kieran Allen	Rainford Bypass (BBG)	Warm up to Windle. 3 x 10 mins tempo down Lincs towards Manchester. Turn around 5 mins into the 2nd 10 min block. 2 mins jog recovery/ regroup	Paul Brown	East Lincs (Towards Manc)	3 x 10 mins tempo (5 mins out, 5 mins back) with 2 mins static recovery.	Anita Hall	Rainford Bypass (Golf Club)	Warm up to queens park, 3 x loops of queens park with 2 mins rest between loops.	Leslie Abbott (2)	Queens Park
Wed 19 Mar	Track Coaches' choice of structure using 400m intervals.	3 or 4 Sets of: 4 x 400m @ 5k pace, off 1:00. The fourth rep in each set is to be ran at 3k pace. 2:00 easy jog between sets in addition to the 1:00 static.	Richard Seville	Sutton Leisure Centre	4-6 lap warm up followed by drills and strides. Main set: 2 x (5 x 400) with 75 secs static rest between each 400 and one lap easy jog between sets. 4 lap cool down	Kirstie McCaffrey	Sutton Leisure Centre	Combined B2 & C Track Session Warm up 4 laps, drills and strides. 8 x 400m @ 5k pace with 90 seconds static recovery. Easy 4 laps cool down.	Gemma Ireland	Sutton Leisure Centre	Combined B2 & C Road Session Easy muster run (~5 miles), RL choice for route.	Jo Moss	RL Choice
Mon 24 Mar	3 Gears Fartlek Up to 4 sets of: 3:00 Tempo, 2:00 jog, 2:00 10k pace, 1:30 jog, 1:00 5k pace, 3:00 jog.	4 sets, in out and back format, using the 3:00 jog to regroup.	Paul Howard	East Lincs (Towards Manc)	3 sets of 3/2/1 mins with 2/1:30/3:00 recovery.	Paul Dowdle	Ravenhead Retail (BBQ)	3 sets of 3, 2, 1 mins effort with 2, 1:30, 3 mins jog recovery. Use bottom of the park, adjacent to Bishop Road.	Jason Mather	Victoria Park	easy jog up to windle island. 3 sets of 3 (tempo)/2 (10k)/1 (5k) mins with 1 /2 /3 mins jog recovery.	Jenny Appleton	Rainford Bypass (Golf Club)
Wed 26 Mar	Alternation Tempo Social Striders! 30:00 relaxed social run with XXXX	Easy warm up to Windle Island. Run out for 18:00, turn to run back for 18:00. Ensure you don't go too quick in the tempo sections and make good use of the 'steady' sections to ensure you still feel strong by the end.	Gareth Davies	Rainford Bypass (Golf Club)	5 x 6 mins of 3 min tempo/ 3 min steady pace	Jenny Martin	Victoria Park	4 x 3mins tempo/3 mins steady (not recovery pace). 24 mins in total plus warm up and down.	Elaine Parry	Queens Park	Warm up to windle island. 4 x 6 mins with 3 mins tempo, 3 steady alternating (2 sets out and 2 back)	Sharon Swift	Ravenhead Retail (BBQ)
Mon 31 Mar	Easy Muster Run Coaches' choice of distance, an easy run to allow some recovery at the end of the training block.	Enjoy a nice muster run to celebrate the end of the this training block, just as the dark nights start to draw out!	Danny Cheetham	RL Choice	Easy 6 mile muster run, RL choice	Graham Jones	RL Choice	Easy 6 mile loop with regular mustering	Jo Herriott	RL Choice	Easy 5 mile muster run, RL choice for route	Gary Ward	RL Choice