

Training Plan

September 2025

ST.HELENS
== Striders ==

Training Focus:	This is the last month of 10k focus. We have steadily built up the number of 1k reps across July and August and supported this with some shorter, faster pace work to improve our speed. We will have our last 1k session on the track. Now go test your pace with a 10k race! Warrington 10k is on 21 September and is a Tour de Strider race :)												
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
Mon 1 Sep - Move up Monday	Fartlek - 3-5 sets of 3, 2, 1 mins with half recovery using 3 gears (HM, 10k, 5k). Regroup on the recovery. Continuous run.	4 sets of: (3:00 @ HM pace, 1:30 jog, 2:00 @ 10k pace, 1:00 jog, 1:00 @ 5k pace, 2:00 jog).	Dan Merrick	Queens Park	4 sets of 3, 2, 1 mins using 3 gears (HM, 10k, 5k) with half jog recovery to regroup.	Rachael Fairclough		4 sets of 3, 2, 1 mins using 3 gears (HM, 10k, 5k) with half jog recovery to regroup.	Jo Herriott	Rainford Bypass (Golf Club)	4x 3 (HM), 2 (10k), 1(5k) min sets. Regroup recovery between sets.	Gary Ward	Rainford Bypass (B&G)
Wed 3 Sep *Social run with Jackie & Anita*	12-15 min tempo at HM effort with 3 mins jog recovery to regroup. 4 x 20 second strides. 2-4 reps of 1k @10k effort.	15:00 @ HM effort, 3:00 jog to regroup // 4 x 30s strides // 3 x 1km @ 10k effort.	Gareth Davies	Sankey Valley (Rangoli Sankey Arms)	12 min tempo @HM effort. 3 mins walk/jog to regroup. 4 x 20 sec strides. 3 x 1k @10k effort with 2 mins static rest.	Kylie Barlow		12 min tempo @HM effort. 3 mins walk/jog to regroup. 4 x 20 sec strides. 3 x 1k @10k effort with 2 mins static rest.	Anita Hall	The Dream	- 12 min tempo at HM pace (-1 outside lap of the park) 3 min recovery (Regroup jog). 4 x 20 seconds strides. 2 x 1k at 10k pace.	Jenny Appleton	Victoria Park
Mon 8 Sept	Tempo sandwich. 10/8 min, 4 x 4/3/2 min, 10/8 min. Jog recovery to regroup.	10:00 @ HM effort, 3:00 jog to regroup // 6 x 1:00 @ 5k pace with 90s recovery between. 3:00 rest // 10:00 @ HM effort.	Kieran Allen	Rainford Bypass (B&G)	ins @HM effort, 3 mins walk/jog to regroup. 4 x 3 mins @10k effort with 90 secs static recovery. 8 mins @HM effort.	Paul Brown		8 mins @HM effort, 3 mins walk/jog to regroup. 4 x 3 mins @10k effort with 90 secs static recovery. 8 mins @HM effort.	Jo Herriott	Rainford Bypass (Golf Club)	8 min tempo, 2 min jog recovery, 4x 2 min @ 10k pace (1 min regroup recovery), 8 min tempo.	Jo Moss	East Lincs (Towards Manc)
Wed 10 Sept	400m efforts at 5k effort. Group coach to set sets and reps.	3 sets of 4 x 400m @ 5k effort. Reps 4, 8 & 12 to be ran at 3k effort. 90s rest between reps and 3:00 between sets.	Richard Seville	East Lincs (Liverpool)	Warm up to inc 4 x 15 sec strides. 2 sets of 5 x 400m @5k effort with 30 secs static recovery. 3 mins between sets.	Graham Jones		Warm up to inc 4 x 15 sec strides. 2 sets of 4 x 400m @5k effort with 30 secs static recovery. 3 mins between sets.	Anita Hall	Rugby Club	Easy warm up to Queens park, 4 x 400m along lingholme road (30 second recoverys), 4x 400m along horace street.	Nicola Howarth (2)	Queens Park
Mon 15 Sept	Steady paced run with strides at the end.	One hour of steady paced running with plenty of muster points.	Kelly Hamilton	RL Choice	Steady pace muster run 60 mins approx 6 miles finish with 4 x 20s strides	Jenny Martin		Steady pace muster run of 6 miles finishing with 4 x 20 second strides.	Katie Mansell	RL Choice	- 5 mile muster run	Leslie Abbott (2)	RL Choice
Wed 17 Sept	Track. 5-8 1km reps @10k pace with 60 seconds rest. High volume reps/short rest but strictly at 10k pace. 4 x 100m fast.	6 x 1km reps @ 10km effort with 60s rest. Once regrouped, run 100m 'fast' with 1:00 rest between.	Dan Merrick	Sutton Leisure Centre	Warm up min 4 laps drills & strides 5 or 6 x 1km @ 10km pace off 60s static recovery Cool Down	Kylie Barlow		Warm up of 4 laps as 3 easy, 1 steady. 4 x 25m high knees into 15 second strides. 5 x 1k @10k effort with 60 secs static recovery.	Jason Mather	Sutton Leisure Centre	Easy 4-5 mile muster or Track session with B2	Jackie Ellis	RL Choice
Mon 22 Sept *Social run with Jackie & Jo*	Muster run 5-8 miles.	One hour of steady paced running with plenty of muster points.	Paul Howard	RL Choice	Easy muster run 60 mins	Paul Dowdle		Easy muster run of 6 miles	Elaine Parry	RL Choice	- 5 mile muster run	Sharon Swift	RL Choice
Wed 24 Sept	Beat the clock. 21 mins out and 17 mins back. Earn your post session social back at Ruskin!	Beat the clock. 21 mins out, 17 mins back.	Gareth Davies	East Lincs (Pewfall Jct)	Beat the clock. 21 mins out, 17 mins back.	Graham Jones		Beat the clock. 21 mins out, 17 mins back.	Sue Heaps	East Lincs (Liverpool)	From windle island, Easy 21 mins out, Tempo 17 back. Aim to get back to starting point	Jenny Appleton	East Lincs (Liverpool)
Mon 29 Sept	Hills. Mix of 1 min, 45 seconds and 30 second hills with jog back. Group coach to set sets/reps.	4 x 1 min, 4 x 45 and 4 x 30 second hills with jog back recovery. 2 mins rest after the sets.	Rachael Fairclough	RL Choice	4 x 1 min, 4 x 45 and 4 x 30 second hills with jog back recovery. 2 mins rest after the sets.	Paul Brown		4 x 1 min, 4 x 45 and 4 x 30 second hills with jog back recovery. 2 mins rest after the sets.	Elaine Parry	Victoria Park	4x 1 min, 4 x 45 secs, 4x 30 secs, with walk/ jog recovery back. 2 min rest between sets.	Jason Mather (2)	Hard Lane