

Training Plan

January 2026

ST.HELENS
= Striders =

Training Focus:	As we enter the first quarter of the year, our training focus will shift to longer distances. The sessions have been designed to build your endurance, helping you prepare for a spring half-marathon, marathon, ultra marathon, or just to make you SUPER fit! In the first half of the quarter (January & the beginning of February), we'll be using tempo runs to improve our ability to run 'hard for longer' alongside some hill sessions (because when are hill not useful!). In the second half of the plan (mid-February to the end of March) we'll be using Float Interval sessions. These sessions teach our bodies to recover whilst still active, essentially super-charging the endurance we built in the earlier phase of the plan.													
Plan by:	Daniel Merrick													
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 5th Jan	Move up Monday! Hill repeats 2 x 90s, 4 x 60s, 6 x 30s hill repeats, at 5k effort (these are not sprints!). Easy walk or jog back down to recover.	Meet at The Ship Inn in. Use the hill that runs up towards the East Lancs, starting as it starts to climb, just after the car park entrance.	Rachael Fairclough	Sankey Valley (The Ship Inn)	Hill repeats 2 x 90s, 4 x 60s, 6 x 30s hill repeats, at 5k effort (these are not sprints!). Easy walk or jog back down to recover.	Kirstie McCaffrey	Croppers Hill	Split the group in half and use both sides of the road	Jo Herriott	Hard Lane	Hill Reps, starting at bottom of bishop road/city road.	Leslie Abbott (2)	Victoria Park	
Wed 7 Jan	Tempo Blocks (1)	3 x 8:00 at Tempo Pace with 2:00 recovery to regroup	Each rep to be ran as an out and back, turning after 4 mins.	Dan Merrick	East Lancs (Towards Manc)	WU 10 mins 3 x 7 mins at Tempo Pace (HM pace or 10-20s above 10k pace) with 2:00 recovery to regroup	Kylie Barlow	East Lancs (Liverpool)	3 x 4 minutes out and back at tempo pace. 2 mins rest.	Sue Heaps	Rainford Bypass (Golf Club)	3x 8 min at tempo with 2 min regroup recovery using perimeter of park	Sharon Swift	Queens Park
Mon 12 Jan	Undulating Loops On a hilly loop, run for 5:00 continuously, going hard on the up sections using the down sections as an active recovery. 2:00 to regroup between reps. 3-5 reps.	Start at the cut through in the hedge, when time is up jog back to the start, whichever direction is quicker. 5 reps total.	Paul Howard	Rainford Bypass (B&G)	4 x 5 min continuous hill loops hard up recover downhill and 2 mins regroup (walk/jog keep moving) WU & CD (10 mins approx)	Paul Dowdle	Victoria Park	3 x laps (0.8mi) with 2 mins rest between.	Jason Mather	The Avenue	4x 5 min loops of lord street/cowley street with 2 min regroup recovery.	Gary Ward	Lord Street	
Wed 14 Jan	"Steady State" Muster Run A lovely muster run, to be ran at your 'Steady Pace' (active, purposeful but not 'hard', a pace you'd be able to maintain for about an hour).	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.	Gareth Davies	RL Choice	Steady running (comfortable something you could maintain for 1 hour) suggest no faster than 8.20/mi + for this group	John Williams	RL Choice	1 mile warm up, 4 miles at steady pace, mustering every mile. 1 mile easy paced cool down.	Kelly Hamilton	RL Choice	1 mile warm up, 3 mile at steady pace and 1 mile easy cool down	Jo Moss	RL Choice	
Mon 19 Jan	Tempo Blocks (2)	10:00, 8:00 and 8:00 blocks of running at Tempo Pace, with 2:00 recovery between blocks.	Each rep to be ran as an out and back, turning after 5 mins / 4 mins / 4 mins.	Kieran Allen	East Lancs (Liverpool)	WU 10 mins approx 3 x 8:00 at Tempo Pace (see 7th Jan for suggested pace) with 2:00 recovery to regroup CD 10 mins approx	Paul Brown	East Lancs (Towards Manc)	Progression from the session on 7th, start with 5 mins out and 5 mins back, then 4 out, 4 back.	Jo Herriott	Rainford Bypass (Golf Club)	10, 8, 8 min at tempo with 2 min regroup recovery using perimeter of park	Jenny Appleton	Queens Park
Wed 21 Jan	Track - Descending Intervals 2 - 3 sets of: 1600m at 10k pace, 2:00 rest, 800m at 5k pace, 1:30 rest, 400m at 3k pace, 3:00.	3 sets. Static recoveries between efforts, with a nice easy jog for the 3:00 between sets.	Richard Seville	Sutton Leisure Centre	WU 10 mins 2 sets of: 1600m at 10k pace, 2:00 rest, 800m at 5k pace, 1:30 rest, 400m at 3k pace, 3:00. CD 10 mins approx	Graham Jones	Sutton Leisure Centre	1600m (2.5mins rest), 1200m (2mins rest), 800m (1.5mins rest), 2 x 400m (1 min rest)	Elaine Parry	Sutton Leisure Centre	Easy -5 mile muster run or track with B2.	Jason Mather (2)	RL Choice	
Mon 26 Jan Social Striders 30:00 relaxed group run.	Kenyan Hills Between 20-30 mins of effort in total. Continuous running on a hilly loop - hard up, hard down and easy on the recovery.	Complete 2 sets of the Croppers Hill circuit, starting with the biggest loop, descending with each one. 3:00 recovery between the sets.	Kelly Hamilton	Croppers Hill	WU 10 mins Using the park a loop of approx 800m-1km - continuous work for 25 minutes CD 10 mins	Kirstie McCaffrey	Victoria Park	6 x 800m Kenyan Hill loops with 90 seconds static rest.	Anita Hall	Victoria Park	22 mins of loops of hard lane, Whalley Ave. Hard up the hill easy down.	Leslie Abbott (2)	Hard Lane	
Wed 28 Jan	Alternation Tempo 3-5 repeats of 3:00 at Tempo Pace, 3:00 at Steady Pace. This is a continuous run, so no recovery between reps/sets.	5 repeats, so a total of 30:00. Using the outer path around Queens Park.	John Williams	Queens Park	WU 10 min 4 x 3 min tempo 3 min steady (continuous running) CD 10 min	Gemma Ireland	Rainford Bypass (Golf Club)	4 repeats so 24 mins in total. Warm up to Windle, run out to Liverpool for 2 sets then back for 2 sets.	Anita Hall	East Lancs (Liverpool)	4 x 3(tempo)+3(steady) . Warm up to victoria park, muster as required.	Sharon Swift	Victoria Park	