









# Training Plan

May 2024

**ST.HELENS**  
Striders

Training Focus:													
We're currently in a 3-month 5k focussed training block, which will run throughout April, May and June. You'll find lots of shorter, faster efforts within this block, to enable you to target a fast 5k.													
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
Wed 1 May	<b>Trail Run</b> Easy trail run with lots of muster points.	6-7 miles. Eccleston Fields/Rugby Club	Kelly Hamilton	Trail Route	6 mile trail run, RL choice of route	Kirstie McCaffrey	Trail Route	5-6 miles. Lady Pilks/Sandy Lane	Jo Herriott	Trail Route	4.5 mile mixed trail and road	Alex Abbott (2)	Trail Route
Sat 4 May	<b>Halewood 5k</b>	A Tour de Striders qualifying race											
Mon 6 May	<b>Bank Holiday</b>	Bank Holidays - No Official Sessions Keep an eye on facebook for details of any social runs											
Wed 8 May	<b>Intervals</b> 3:00 efforts with 90s easy jog recovery, to be ran at 5k Effort. Between 5-8 reps.	8 x 3:00, off 90s <i>Rep 6 to be ran at 3k effort.</i>	Gareth Davies	Taylor Park	Start at parkrun starting point, head to right down to lodge and follow the junior parkrun course round the bottom and up to the playground. 90s easy recovery should get you back to the start. 6 x 3:00 off 90s. Aim for consistency	Jenny Martin	Victoria Park	4 x 15s strides 6 x 3:00, off 90s	Jo Herriott	Rainford Bypass (Golf Club)	Easy warm up to lady pilks (barrier across road). 6x 3 min reps with 90 sec easy jog (2 towards hard lane, 2 back towards barrier, 2 towards hard lane). Easy jog back to club.	Jenny Appleton	Lady Pilks
Sat 11 May	<b>Park Run Tourism</b>	Princes Park Run Keep an eye on facebook for further details.											
Sun 12 May	<b>Wigan Trail 10K</b>	A Tour de Striders qualifying race											
Mon 13 May	<b>Tempo - Blocks</b> 4 blocks (5-8 mins) with 2:00 easy to regroup. First two blocks at HM effort, last two at 10k effort.	4 x 8:00 blocks.	Rachael Fairclough	East Lancs (Liverpool)	Meet outside Waterside pub. 10 min wu. 2 x 7 mins @ HM pace and 2 x 6 mins @ 10km pace (out and back along path to Ship Inn). 2 mins recovery jog between efforts	Graham Jones	Carr Mill Dam	2 x 6 mins @ HM 2 x 6 mins @ 10k	Kelly Hamilton (C)	Berringtons Lane	Easy warm up to victoria park. 2x 6 mins @ HM pace, 2 x 5 mins @ 10K pace. 2 min regroup between each set Cool down jog back to club	Leslie Abbott (2)	Victoria Park
Tue 14 May	<b>Walton Park 5 Miler</b>	A Tour de Striders and Merseyside Grand Prix qualifying race									 		
Wed 15 May	<b>Track</b> 2 sets of between 2-5 800m reps at 5k effort with 400m easy to recover. 800m easy between sets. Finish with 4-6 x 200m faster than 5k pace	2 sets of: 5 x (800m @ 5k/400m easy) 6 x 200m @ 3k	Danny Cheetham	Sutton Leisure Centre	4-5 lap WU. 2 x (4 x 800m) with 400m recovery jog between. 4 min rest/ easy walk between sets. Finish with 4 x 200m at a faster pace (60-75 seconds rest between each one)	John Barr	Sutton Leisure Centre	2 sets of: 3 x (800m @ 5k/400m easy) 4 x 200m faster	Katie Mansell	Sutton Leisure Centre	Easy 2 lap warm up, 3x 800m @ 5k pace, 400m easy recovery. 800m easy, 2 x 800m @ 5k pace, 400m easy recovery. 4x 200m faster, Easy 2 lap cool down.	Jess Wood (2)	Sutton Leisure Centre
Wed 22 May	<b>Knowsley Harriers 4 Miler</b>	A Tour de Striders and Merseyside Grand Prix qualifying race									 		
Mon 20 May	<b>Tempo</b> Fast Finish Tempo. 4 x 5-8min blocks, at HM effort with the last minute at 5k effort. 2:00 easy between blocks.	4 x 8:00 blocks.	Kieran Allen	Rainford Bypass (Golf Club)	Easy WU to Crank Road end of Berringtons (weather dependant!). 4 x 6 min blocks with last minute at 5km pace (out and back). 2 min very easy jog in between.	Kylie Barlow	Berringtons Lane	2 x 8:00 2 x 6:00	Elaine Parry	Victoria Park	Easy warm up to windle island, 4 x 6 min blocks, easy 2 mins between each, Easy jog back to club	Gary Ward	East Lancs (Liverpool)
Wed 22 May	<b>Intervals</b> 3:00 efforts with 90s easy jog recovery, to be ran at 5k Effort. Between 5-8 reps. Finish with 4 x 45-60s reps at 5k effort.	8 x 3:00. Reps 4 @ 8 at 3k effort. (4 out, 4 back) 4 x 1:00 (2 out, 2 back)	John Cahill	Berringtons Lane	Same route as last time- aim to finish in the same place or further. 6 x 3:00 (90 seconds recovery)	Paul Dowdle	Victoria Park	4 x 15 second strides 7 x 3:00, off 90s 4 x 45s fast (2 out, 2 back)	Jason Mather	Rainford Bypass (Golf Club)	Meet at the Ship Inn/Sanky Valley Easy 5 min warm up jog along sanky valley 7x 3 min reps with 90 sec easy jog (regroup) 4 x 45 sec fast.	Jo Moss	Sanky Valley (The Ship Inn)
Sat 25 May	<b>Aintree 10k</b>	A Merseyside Grand Prix qualifying race											
Mon 27 May	<b>Bank Holiday</b>	Bank Holiday - No Official Sessions Keep an eye on facebook for details of any social runs											
Wed 29 May	<b>Fartlek</b> 3:00 @ 10k effort, 1:30 easy, 2:00 @ 5k effort, 1:00 easy, 1:00 @ 3k effort, 1:00 easy.	4 Reps, adapted for A as follows: 3:00 10k, 2:00 5k, 1:00 3k, 3:00 easy.	Dan Merrick	Bishops Road Field	Meet @ King George V car park. 10 min easy warm up. Follow perimeter. 4 reps as described. 3 min easy job between sets	Paul Brown	The Dream	4 reps: 3:00 10k 2:00 5k 1:00 3k *regroup on the recoveries	Rachel Tickle Sue Heaps	Sherdley Park	4 reps: 3:00 10k 2:00 5k 1:00 3k regroup during 1:30/1:00 min recovery	Sharon Swift	Bishops Road Field