

Training Plan

January 2025

ST.HELENS
Striders

Training Focus: As we enter the first quarter of 2025, 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 - 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 6 Jan	Move up Monday! It's back!! 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 Blackbrook. Use the hill that runs up towards the East Lincs, starting as it starts to climb, just after the car park entrance.	Kieran Allen	Sankey Valley (The Ship Inn)	Easy run out to bottom of B&G (the long side). 2 x 90, 4 x 60 and 4 x 30 seconds with easy jog back down (walk down after the 30's). Easy run back to Club	Jenny Martin	Rainford Bypass (B&G)	Split the group in half and use both sides of the road	Kirstie McCaffrey	Hard Lane	Easy jog to junction of bishop road and city road. 2 x 90s, 4 x 60s, 6 x 30s hill repeats, with easy jog down.	Jenny Appleton	Victoria Park
Wed 8 Jan Social Striders 30:00 relaxed group run with Rachel Tickle & Dan Merrick.	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.	Gareth Davies	East Lincs (Towards Manc)	Long warm up to Queens park. 3 x 8 mins with 2 mins recovery. Aim for half marathon pace	Paul Dowdle	Queens Park	3 x 4 mins out/4 mins back at tempo pace. 2 mins rest.	Sue Heaps	Rainford Bypass (Golf Club)	3 x 8:00 at Tempo Pace with 2:00 recovery (loops of the park)	Sharon Swift	Victoria Park
Mon 13 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 the whistle blows come back to this point at an easy jog pace, whichever way is quicker.	Kelly Hamilton	Rainford Bypass (B&G)	Use Vicky park loop at the top of the park (lodge, down chapel street, turn left to go back up north road, down city road minding the crossing point), enter the park at the car park entrance and run back to lodge. regroup on 5 mins x 4 efforts	Kirstie McCaffrey	Victoria Park	3 x laps (0.8 mile) with 2 mins rest inbetween each.	Mark Hamilton	The Avenue	3x 5 min loops of lord street/cowley street. 2 min recovery between sets.	Gary Ward	Lord Street
Wed 15 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	5-6 mile muster run	Graham Jones	RL Choice	1 mile warm up, 4 miles steady pace, 1 mile cool down. Muster every mile.	Jo Herriott	RL Choice	4-5 mile muster run	Jo Moss	RL Choice
Mon 20 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.	Dan Merrick	East Lincs (Liverpool)	Easy warm up to Windle. Run down bypass to Mossborough Island, and back through Rainford, joining bypass again from pasture lane. 10 mins (2 mins recovery jog), and 2 x 8 mins with 2 mins recovery jog between. Easy run back to club	Graham Jones	Rainford Bypass (Golf Club)	Repeat of session on 8th Jan, start with 5 mins out/5 mins back	Anita Hall	Rainford Bypass (Golf Club)	5 mins out ad 5 back, then 2x 4 mins out and 4 back at Tempo Pace with 2:00 recovery in between	Leslie Abbott (2)	Rainford Bypass (B&G)
Wed 22 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	5-6 lap warm up. 2 x (1600, 800 and 400) at paces suggested. Please dress according for track and wear layers	Kylie Barlow	Sutton Leisure Centre	1 x 1600m (2.5 mins rest), 1 x 1200m (2 mins rest), 1 x 800m (90 secs) 2 x 400 (60 secs)	Jess Wood	Sutton Leisure Centre	From Ruskin drive 4-5 mile muster run Or Track at sutton with B2	Nicola Howarth (2)	RL Choice
Mon 27 Jan Social Striders 30:00 relaxed group run with Katie Mansell & Anita Hall.	Kenyan Hills Between 20-30 mins of effort in total. Continous 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.	Danny Cheetham	Croppers Hill	Long warm up to Victoria park. 10 mins of loops using the other circuit (lodge gate, through park, exit onto cowley hill drive, then up rutland st back to start). 5 mins easy jog to Lord Street and do another 10 mins using that circuit	Graham Jones	Lord Street	6 x 800m Kenyan Hill loops with 90 secs static rest.	Elaine Parry	Victoria Park	3x loops of hard lane/ Whalley ave (half mile loop) 3 min recovery another 3x loops.	Jason Mather (2)	Hard Lane
Wed 29 Jan	Alternation Tempo 3-5 repeats of 3:00 at Tempo Pace, 3:00 at Steady Pace. This is a continous run, so no recovery between reps/sets.	5 repeats, so a total of 30:00. Using the outer path around Queens Park.	Paul Howard	Queens Park	4 repeats so 24 mins in total. Warm up to B&G and use the loop for the 24 mins	Paul Dowdle	Ravenhead Retail (B&G)	4 repeats so 24 mins in total. Warm up to windle. Run out to Liverpool for 2 sets and back for 2 sets.	Gemma Ireland	East Lincs (Liverpool)	4 reps with 3 mins tempo, 3 mins steady. loops of victoria park (regroup if needed during stedy pace)	Jo Moss	Victoria Park