

Training Plan

November 2024

Training Focus:													
We are now fully immersed into Winter endurance training. Tempos are in full swing, and we are getting used to those hills again.													
Plan by:													
Rach Fairclough													
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 4 Nov	Tempo Sandwich 2 miles @ HMP (3), 3 x 4 mins (2) @ 10k pace, (3) 2 miles @ HMP	12:00 @ Tempo Pace, 3:00 easy jog. 4 x (3:00 @ 10k pace, 2:00 recovery). 3:00 easy jog. 12:00 @ Tempo Pace. Out and back style - turn at 6:00 in tempo blocks and after each interval.	Kieran Allen	East Lincs (Liverpool)	15 min tempo @ HMP (3), 3 x 4 mins @ 10km pace (2) and then 15 mins @ HMP again. Head down to Mossborough island, into Rainford and back up via pastures lane.	Rachael Fairclough	Rainford Bypass (Golf Club)	Warm up to Bishop Road/City Road. 1 x lap tempo (3 mins rest), 4 x 3 mins out and back @10k effort on Bishop Road (2 mins rest). 1 x lap tempo.	Jo Herriott	Victoria Park	Warm up to queens park. 2 laps of the park (3 min recovery), 3 x 4 mins at 10 k pace (2 min recovery), 2 laps of the park (3 min recovery). Jog cool down back to club	Leslie Abbott (2)	Queens Park
Wed 6 Nov	Intervals 4-6 x 1km (2mins between)	6 x 1km @ 10k pace, with 2:00 jog recovery. To be ran in an out and back format, changing direction after each rep.	Gareth Davies	Rainford Bypass (Golf Club)	Easy run to Bypass. Loop starts at the end of the hedge by intersection. Run down to St Helens road/ mill lane junction, up to B&G and then back down hill to starting point. 4 x 1km loops and then 1 x 1km on the bypass back towards Windle. (2).	Kirstie McCaffrey	Rainford Bypass (B&G)	4 x lap of Queens park @ 5-10k effort (approx 1k) with 2 mins static rest.	Katie Mansell	Queens Park	4x (out and back) along bishop road corner to corner of the park. (2 min recovery)	Sharon Swift	Victoria Park
Mon 11 Nov	Tempo 3/6/9/6/3 mins trying to keep the pace consistent (2/3/4/3 mins easy jog between)	3/6/9/6/3 mins tempo @ HMP trying to keep the pace consistent (2/3/4/3 mins easy jog between). Use recoveries to regroup.	Kelly Hamilton	Queens Park	3/6/9/6/3 mins tempo @ HMP trying to keep the pace consistent (2/3/4/3 mins easy jog between). Run towards Carr Mill and new bypass and back	Jenny Martin	East Lincs (Towards Manc)	3, 6, 9, 6, 3 mins tempo with jog recovery to regroup (see session description for rest).	Elaine Parry	Rainford Bypass (Golf Club)	3, 6, 9, 6, 3 mins tempo with jog recovery to regroup	Gary Ward	Rainford Bypass (B&G)
Wed 13 Nov	Hills 6-10 x 2 min efforts up hill with easy jog or walk back down.	5 hill efforts on one side of the road, 5:00 easy jog. 5 efforts on the other side.	Dan Merrick	Hard Lane	Use Cowley Hill lane to Rutland Street side. Long warm up (1.5 miles) then 8 x 2 min efforts up Cowley hill with easy jog or walk back down. Easy cool down	Graham Jones	Victoria Park	7 x 2 mins uphill effort with jog back down recovery. Regroup after 3 reps and take 2 mins rest. Hill from Starbucks entrance up to the Blue bridge.	Sue Heaps	East Lincs (Towards Manc)	City road side of park. 7 x 2 mins uphill effort with jog back down recovery. Regroup after 3 reps and take 2 mins rest	Jenny Appleton	Victoria Park
Mon 18 Nov	Muster run 5- 7 miles easy run	Social paced easy run with lots of muster points.	Rachael Fairclough	RL Choice	6 miles muster run, RL choice	Paul Dowdle	RL Choice	Social pace muster run. Muster approx every mile.	Jason Mather	RL Choice	4-5 mile muster, RL choice of route	Jo Moss	RL Choice
Wed 20 Nov	Track Decreasing intervals 1km (2), 900 (2), 800 (2), 700 (2), 600 (1:30), 500 (1:30), 400 (1), 300 (1), 200	Start efforts at 5k pace, with an increase in pace by approx 5s per mile (8s/km) in each rep.	Richard Seville	Sutton Leisure Centre	Long warm up. Decreasing intervals 1km (2), 900 (2), 800 (2), 700 (2), 600 (1:30), 500 (1:30), 400 (1), 300 (1), 200	John Barr	Sutton Leisure Centre	Start with 800m @ faster than 5k effort. Decrease down from 800m as per session description.	Rachel Tickle	Sutton Leisure Centre	Easy 2 lap warm up. Decreasing intervals 1km (2), 900 (2), 800 (2), 700 (2), 600 (1:30), 500 (1:30), 400 (1), 300 (1), 200	Jess Wood (2)	Sutton Leisure Centre
Mon 25 Nov	Hills + Tempo 4-6 x 90 seconds up hill, 5 mins easy jog followed by a 10-15 min tempo on the flat	6 x 90s up City Road, with easy jog down to recover. 5:00 easy jog. 15:00 at Tempo Pace using the paths round the outer edge of Victoria Park.	Gareth Davies	Victoria Park	Easy run to the Avenue. 5 x 90 seconds up hill. 5 mins easy jog towards Burrows lane, then 15 min tempo up to Welly and towards Carmel. Regroup and easy run back to club via the Bird ith hand/ Rivington road	Paul Brown	The Avenue	Warm up to Windle. Tempo 7.5 mins followed by a jog to the bottom of B&G hill. 4 x 90 seconds hill effort, jog down recovery. 7.5 mins tempo back to Windle, regroup and easy to finish.	Jo Herriott	Rainford Bypass (B&G)	Easy warm up to hard lane. 4 x hard lane hills, easy jog to abbey pub, 15 min tempo along kiln lane, alder hay road, dodd ave, marsden ave, rivington road back to club.	Jason Mather (2)	Hard Lane
Wed 27 Nov	Intervals 8-10 x 600 or 2 mins with 90 seconds recovery	Using the Bottle & Glass loop, complete 5 x 2:00 reps at 5k pace, with 90s recovery. 3:00 easy jog to regroup. Repeat 5 x 2:00 at 5k pace. Reps 5 and 10 should be ran at 3k pace.	Paul Howard	Rainford Bypass (B&G)	Easy to B&G loop. 8 x 600m round the loop (90). Easy run back	Kylie Barlow	Ravenhead Retail (B&G)	8 x 2 mins @ 5k effort with 90 seconds walk/jog to regroup. Use Totally Wicked stadium	Katie Mansell	Rugby Club	8 x 2 mins @ 5k effort with 90 seconds walk/jog to regroup. Use outside of park	Jenny Appleton	Victoria Park