

		Run Leader	Location	Coaches Notes	
Wed 2 Sep	Pyramids	A	Kieran O'Brien	Rainford Bypass (B&G)	WU 2, 4, 6, 6, 4, 2 off (45s, 90s, 2mins) CD
	Coaches choice of pyramid running moving up and down in time aimed at 10k pacing	B1	Kylie Barlow	Queens Park	WU 2, 4, 6, 6, 4, 2 off (45s, 90s, 2mins) CD
		B2	Jo Herriott	East Lancs (Liverpool)	WU, 1, 2, 3, 4, 5, 4, 3, 2, 1 (30, 45, 60, 90, 90, 60, 45 secs rest), CD
		C	Rachel Tickle	Victoria Park	WU, 1, 1.5, 2, 2.5, 3, 3, 2.5, 2, 1.5, 1 (with half slow jog recovery), CD. Use Jnr parkrun loop
Mon 7 Sep	Tempo sandwich	A	Gareth Davies	East Lancs (Liverpool)	12:00 Tempo / 4 x 1:00 @ 5k pace, off 1:00 / 12:00 Tempo (3:00 rest between sets)
Social Striders	Tempo sandwich workout fast running with tempo block	B1	Paul Dowdle	RL Choice	WU - 10 min tempo 2 min recovery jog 4 x 2 mins hard off 1 min rest 2 min recovery jog 10 min tempo CD
		B2	Anita Hall	Rainford Bypass (B&G)	WU, 8 mins tempo (2 mins rest), 4 x 3 mins 10k pace (90 secs rest), 8 mins tempo. CD
		C	Sharon Swift	Queens Park	Wu to Queens park. 8 mins tempo, 2 mins rest, 4 x 2 mins (75 sec rest), then 2 mins rest and 8 min tempo, CD back to Club
Wed 9 Sep	Intervals	A	Richard Seville	Victoria Park	3 x 1200m, off 2:00 / 3:00 rest / 3 x 1000m, off 2:00. A
	2-3 x 1200m 2-3 x 1000m (coach/RL can adjust this to approx 1200m time based effort if easier for group) recovery @ approx half time of effort	B1	Kirstie McCaffrey	Sankey Valley (Rangoli Sankey Arms)	2 x 1200 off 2.30 min rest 3 x 1000m off 2 min rest
		B2	Sue Heaps	Sherdley Park	3 x 5 mins (2.5 mins rest), 3 x 4 mins (2 mins rest). 5k pace for the efforts. CD.
		C	Jason Mather (2)	Rugby Club	Wu from Club to Windle. Run bheind the rugby club. 2 x 5 mins (2.5 mins rest), 3 x 4 mins (2 mins rest) at 5k pace.
Mon 14 Sep	Strider File	A	Kelly Hamilton	East Lancs (Liverpool)	Strider file out for 15 mins, 2 mins rest and then back for 15 mins.
	Runners in lines the runner at the back runs hard to the front and then slows back to steady pace in the line	B1	Graham Jones	Rainford Bypass (Golf Club)	WU - 15 mins of Strider File out 5-10min recovery jog/walk regroup 15 mins of Strider File back CD
		B2	Jason Mather	Rainford Bypass (Golf Club)	WU to Windle. Strider file to Mossborough. Easy run round to Pastures Lane. Strider file back to Windle. CD
		C	Rach F	East Lancs (Liverpool)	Easy wu to Windle, Strider file out for 15 mins, 2 mins rest and then back for 15 mins.
Wed 16 Sep	Track- End of Season Relays	A	Dan Merrick	Sutton Leisure Centre	WU inc drills/strides. 4 x 400m, 4 x 200m, 4 x 100m as a relay. CD.
	Relays - can be done as Parlauf or in teams of 4	B1	Kylie Barlow	Sutton Leisure Centre	WU strides/drills - relays of 100-400m (approx 5km work) - CD
		B2	Anita Hall	Sutton Leisure Centre	WU inc drills/strides. 4 x 400m, 4 x 200m, 4 x 100m as a relay. CD.
		C	Jason Mather (2)	RL Choice	Relay with B2 or track dodgers run
Mon 21 Sep	Easy Run	A	Kelly Hamilton	RL Choice	Approx 7 miles of easy running with plenty of mustering
	60 mins easy ideally off road if light allows - finish with 4 x 80-100m strides	B1	Kirstie McCaffrey	RL Choice	Ideally off road 60 mins easy social running finish with 4 x 30s strides
		B2	Jo Herriott	RL Choice	60 mins easy run inc 6 x 20 second strides on a flat part of the route.
		C	Cathy Pearce	RL Choice	Easy hour finishing with 4 x 20 second strides
Wed 23 Sep	Mona Fartlek	A	Kieran O'Brien	East Lancs (Liverpool)	WU, Mona Fartlek, CD
	Warm Up approx 15 mins Hard effort 2 x 90s 4 x 60s 4 x 30s 4 x 15s all off equal time float Cool Down 15 mins	B1	Paul Dowdle	Bishops Road Field	Mona Fartlek session with WU & CD
		B2	Sue Heaps	Sankey Valley (Rangoli Sankey Arms)	WU, Mona Fartlek, CD
		C	Jenny Appleton	Sherdley Park	Recoveries should be a very slow jog this month. 10 mins warm up and cool down with drills
Mon 28 Sep	Progressive run/Tempo run	A	Gareth Davies	Rainford Bypass (Golf Club)	2 x 15:00 Tempo Blocks with 3:00 jog recovery. Each block should be out and back.
	Coaches choice of either tempo running or progressive - aim to be working at +30s from 10k pace	B1	John Williams	Rainford Bypass (B&G)	
		B2	Jason Mather	The Dream	Progressive 5 miles (regroup after each mile - no stopping), 1 mile CD.
		C	Gary Ward	Griffin Grind	Progressive 4 miles, with half a mile wu and half a mile cd. Meet at the griffin
Wed 30 Sep	Kenyan Hills	A	John Williams	Victoria Park	2 sets of 12:00 with 3:00 rest between - up and down hill as effort and flat as recovery
	4-6 x 800-1km worth of hill running effort is maintained up and downhill	B1	Graham Jones	Croppers Hill	WU - 4 sets of lady pilks loops off approx 90s recovery CD
		B2	Jenny Appleton	Victoria Park	WU, 6 x Kenyan Hill loops with 90 secs rest. CD.
		C	Rachel Tickle	Cowley hill	WU, 5 x up Hard lane from Abbey, to Eaton Rd, down kingsley road back to Rainford road and to Abbey. 90 secs rest. CD.