

ST.HELENS == Striders ==		Month Year			
Plan designed by Rachael Fairclough. This month we start to build some hill strength and restart those longer tempos for winter endurance					
		Run Leader	Location	Coaches Notes	
Mon 5 Oct	Hill Training 3- 4 sets of 30, 45, and 60 second efforts up hill with slow recovery jog down	A	Paul Howard	Hard Lane	4 sets of (30s, 45s and 60s hill efforts. Walk down to recover, 90s between sets.
		B1	Paul Dowdle	Cowley hill	Long warm up 4 sets of 30,45,60 sec hill sprints recover down and regroup - 2 mins between sets Cool Down
		B2	Jason Mather	Victoria Park	Use City Road. 4 x 60, 4 x 45, 4 x 30 second efforts with jog back recovery. Long warm up and down.
		C	Sharon Swift	Lord Street	3 sets of 30, 45, 60s efforts with jog recovery down (static recovery between sets)
Wed 7 Oct	Tempo 3 x 8-12 mins of tempo running (HMP) with 2-3 mins recovery	A	John Williams	East Lincs (Liverpool)	3 x 10:00 tempo, each rep out and back (5:00 out, 5:00 back). 2:00 rest.
B1		Gemma Ireland	Rainford Bypass (B&G)	Warm up 3 x 10 mins tempo running (HM pace or slower) with 2 mins jog regroup Cool Down	
B2		Anita Hall	Rainford Bypass (Golf Club)	3 x 8 mins tempo with 3 mins jog recovery to regroup.	
Social Striders		C	Nicola Howarth (2)	Queens Park	3x laps of park with 2-3 min recovery between
Mon 12 Oct	Progressive run 4-7 miles progressive run (10-15 sec quicker per mile)	A	Kelly Hamilton	RL Choice	10:00 easy, then increase pace slightly every km. Use muster points.
Social Striders		B1	Kirstie McCaffrey	RL Choice	60 mins progressive start easy and end at HM pace
		B2	Jo Herriott	RL Choice	1 mile warm up, 4 miles progressive, 1 mile cool down. Muster regularly.
		C	Sharon Swift	RL Choice	4-5 mile progressive run
Wed 14 Oct	Hill Training (2 x) 4-6 x 1 min uphill with slow jog recovery down	A	Richard Seville	Croppers Hill	2 sets of 6 x 1:00 hill efforts with walk down recovery. 90s static between sets.
		B1	Kylie Barlow	Victoria Park	Warm up 2 x (5 x 1min hill) jog down Cool Down
		B2	Jenny Appleton	Hard Lane	2 sets of 5 x 1 minute hill efforts with jog down. 3 mins rest between sets (use both sides of the road and swap after 1st set)
		C	Rachel Tickle	Cowley hill	2 sets of 5 x 1 min hill efforts with slow jog recovery back down
Mon 19 Oct	Tempo 3 x 8-12 mins of tempo running (HMP) with 2-3 mins recovery	A	Gareth Davies	East Lincs (Towards Manc)	12:00, 10:00, 10:00 tempo blocks (out and back), 2:00 between blocks.
Social Striders		B1	Kylie Barlow	Rainford Bypass (B&G)	Warm up 3 x 10 mins tempo running Cool Down
		B2	Rachel Tickle	Rainford Bypass (Golf Club)	1 x 10 mins, 2 x 8 mins with 3 mins jog recovery to regroup.
		C	Nicola Howarth (2)	Victoria Park	3x laps of park with 2-3 min recovery between
Wed 21 Oct	Track- Intervals 4- 6 x 1km or equivalent time with half time recovery	A	Dan MerrickB1 Leader TBCA	Sutton Leisure Centre	5 x 1km efforts at 5km pace, 90s rest between.
		B1			Warm up drills and strides 5 x 1km @ 10k pace off 2.15 rest cool down
		B2			4 x 1k efforts with 200m walk/jog recovery.
		C	Rachel Tickle	Queens Park	4 x laps of the park, 2 min static recovery between
Mon 26 Oct	Hill Training (2 x) 4-6 x 75- 90 sec uphill with slow jog recovery down	A	Kieran O'Brien	Cowley hill	2 sets of 5 x 90s hill efforts, walk down recovery. 2:00 between sets.
		B1	Paul Brown	Lord Street	Warm up 2 x (4 x 90s uphill) Cool Down
		B2	Elaine Parry	Victoria Park	Use City Road. 2 sets of 4 x 90 sec efforts with jog recovery. 3 mins rest between sets.
		C	Cathy Pearce	Hard Lane	2 x 4 x 90 secs up hill with slow jog downhill
Wed 28 Oct	Muster run 4-7 mile muster run	A	Gareth Davies	RL Choice	Easy muster run
Social Striders		B1	Graham Jones	RL Choice	Easy hour social run
		B2	Sue Heaps	RL Choice	Social paced run with regular muster points.
		C	Jenny Appleton	RL Choice	Easy muster run