

Training Plan

May 2026

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Training Focus:	May is the second month of the three month spring training plan. We will be continuing to develop raw speed and add in speed endurance												
Plan by:	Kelly Hamilton												
Date	Session Description	A - Daniel Merrick			B1 - Kylie Barlow			B2 - Kelly Hamilton			C - Rach Fairclough		
		Notes	Run Leader	Location	Notes	Run Leader	Location	Notes	Run Leader	Location	Notes	Run Leader	Location
Mon 4 May	No official club session - check facebook for details of any social runs												
Wed 6 May	Mona Fartlek Mona Fartlek. 2 x 90, 4 x 60, 4 x 30, 4 x 15 seconds all with half recovery. All efforts to be run hard and the recovery to be a jog/run.	2 x 90s, 4 x 60s, 4 x 30s, 4 x 15s. Easy jog recovery for half of the time of the effort.	Kelly Hamilton	Victoria Park	Mona Fartlek. 2 x 90, 4 x 60, 4 x 30, 4 x 15 seconds all with half recovery. All efforts to be run hard and the recovery to be a jog/run.	Gemma Ireland	Queens Park	Mona Fartlek. 2 x 90, 4 x 60, 4 x 30, 4 x 15 seconds all with half recovery. All efforts to be run hard and the recovery to be a jog/run.	Anita Hall	Bishops Road Field	Mona Fartlek. 2 x 90, 4 x 60, 4 x 30, 4 x 15 seconds all with half recovery. All efforts to be run hard and the recovery to be a jog/run.	Jo Moss	Victoria Park
Mon 11 May	World Mental Health Day Easy muster run so we can all run and talk together :)	World Mental Health Muster Run - more details to follow.	Gareth Davies	RL Choice	World Mental Health Muster Run - more details to follow.	Paul Dowdle	RL Choice	World Mental Health Muster Run - more details to follow.	Jason Mather	RL Choice	World Mental Health Muster Run - more details to follow.	Leslie Abbott (2)	RL Choice
Wed 13 May	400m Reps 400m reps @5k pace with short recovery. Group coach to specify sets, reps and rest.	2 sets of: 5 x 400m @ 5k pace with 60s static rest. 3:00 easy jog reset between sets.	Dan Merrick	Berringtons Lane	WU 10 mins 10 x 400m reps @ 5k pace with 60s recovery CD 10 mins	Kirstie McCaffrey	Sankey Valley (Rangoli Sankey Arms)	3 sets of 4 x 400m @5k effort. 30 secs rest between reps and 2 mins between sets. Maintain 5k pace throughout. Regroup back to starting point on 2 mins rest.	Elaine Parry	Rainford Bypass (B&G)	Use internal path in Queens park. 2 x (4 x 400) at 5k pace. 60 seconds between 400's and 3 minutes between sets.	Jason Mather (2)	Queens Park
Mon 18 May	Tempo Sandwich Tempo sandwich. 8-10 mins @ tempo effort, 3 mins jog, 2-4 mins @ 10k pace, 90 secs jog, 8-10 mins @ tempo effort.	10:00 Tempo, 3:00 jog, 4 x (90s @ 10k pace, off 1:00), 3:00 jog, 10:00 Tempo	Kieran Allen	East Lancs (Liverpool)	Tempo sandwich. 10 mins @ tempo effort, 3 mins jog, 3mins @ 10k pace, 90 secs jog, 10 mins @ tempo effort.	Paul Brown	Striders Trail 5	Building on last month. 8 mins tempo (3 mins), 4 x 4 mins @ 10k pace (90 secs), 8 mins tempo.	Sue Heaps	The Dream	Warm up to windle island. Run from windle behind rugby club.Out: 8 mins tempo (-HM pace), 2 min recovery, 3x 3 mins at 10k pace (75 sec recovery) , 2 min recovery, Back: 8 mins at HM pace	Rachel Tickle	Victoria Park
Wed 20 May	Track 4-6 x 600m effort with 200m float. 3 mins rest. 4-6 x 300m fast with 100m walk recovery.	6 x (400m at 5k effort, 200m float recovery). 3:00 static rest. 6 x (300m @5k effort, 100m walk recovery)	Richard Seville	Sutton Leisure Centre	WU 10 mins 4 x 600m effort with 200m float. 3 mins rest. 4 x 300m fast with 100m walk recovery. 10 mins CD	Kylie Barlow	Sutton Leisure Centre	4 x 600m 5k pace with 200m float recovery. This is a run, not jog. 3 mins rest. 4 x 300m fast with 100m walk recovery.	Jess Wood	Sutton Leisure Centre	Track with B2 or easy 4-5 muster trail run RL Choice	Nicola Howarth (2)	Carr Mill Dam
Mon 25 May	No official club session - check facebook for details of any social runs												
Wed 27 May	5k Intervals Out and back intervals @5k pace with 90 secs static rest.	6 x 4:00 at 5k effort, 90s static rest To be ran as 2:00 out and 2:00 back.	John Williams	Rainford Bypass (Golf Club)	Long WU 10 mins + 6 x 4 mins as 2 mins out/2 mins back @5k effort. 90 seconds static rest. Aim is to get back to the start on each effort. Long CD 10 mins +	Gemma Ireland	Rugby Club	Building on last month. 6 x 4 mins as 2 mins out/2 mins back with 90 secs static rest inbetween. Intervals to be run at 5k pace.	Jo Herriott	East Lancs (Towards Manc)	Meet at Windle Island. Warm up to Berringtons Lane. 6 x 2 mins out/ 2 mins back (5k pace), 90sec recovery	Sharon Swift	Berringtons Lane