

Training Plan

March 2026

ST. HELENS
Striders

Training Focus:													
March is the last month of our 'endurance focussed' training block. This month, we'll be continuing to utilise float recovery sessions to enhance our endurance capability, by teaching the body to recover whilst still active. By the end of the month we'll move back some Tempo sessions, and hopefully, you'll see a difference in how these feel when comparing to the ones we did in January.													
Plan by: Daniel Merrick													
Date	Session Description	A - Daniel Merrick			B1 - Kylie Barlow			B2 - Kelly Hamilton			C - Alex Abbott		
		Notes	Run Leader	Location	Notes	Run Leader	Location	Notes	Run Leader	Location	Notes	Run Leader	Location
Mon 2 March	IWD Event or "Steady State" Muster Run We are holding a walk and run for female members to celebrate IWD. This is an opportunity for female members to chat, share stories and celebrate. We will meet in the Sticky Wicket afterwards.	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	Rainford Bypass (Golf Club)	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.	John Williams	RL Choice	Kelly will be leading the IWD run for the ladies. John will be leading the steady muster for the gents combined with B1.	John Williams	RL Choice	Walk and run for female members to celebrate IWD. Easy muster run for gents.	Leslie Abbott (2)	RL Choice
Wed 4 Mar	Float Intervals (2) Up to 10 reps of 3:00 @ 10k effort, with a 1:45 'float' recovery. Progression on the previous session, with a slightly reduced float time.	Between 8 - 10 reps. Out and back format, turning around after each float section is complete.	Paul Howard	East Lancs (Liverpool)	Warm up 8 @ 10k pace x 3 mins (1.45 float) cool down	Kylie Barlow	Rainford Bypass (Golf Club)	6 x 3 mins @ 10k effort followed by 1:45 mins float recovery (no static rest). Use the float to regroup. 3 sets out, 3 sets back.	Jason Mather	East Lancs (Towards Manc)	8x 3 mins @ 10k pace with 1:45 float recovery (regroup as required).	Sharon Swift	Queens Park
Mon 9 Mar	Move Up Monday Strider File :) All jogging at an easy pace in 'single file', the back runner sprints to the front and rejoins the line.	Easy warm up to Windle Island. Strider file to Mossborough Island, 3:00 recovery, Strider file back to Windle.	Gareth Davies	RL Choice	Strider file session	John Williams	East Lancs (Liverpool)	Strider file to Mossborough. Jog round Thickwood Moss/Pastures Lane. Strider file back to Windle (two at once to up the tempo).	Jo Herriott	Rainford Bypass (Golf Club)	Easy waem up to windle island. Strider file to pasture lane, 3 min recovery and Strider file back to windle island.	Gary Ward	Rainford Bypass (B&G)
Wed 11 Mar	Float Intervals (3) Up to 12 reps of 2:00 @ 5k effort, with a 1:30 'float' recovery. The efforts in this one are faster and shorter than in previous sessions, giving a higher training intensity.	Between 8 - 10 reps. Out and back format, turning around after each float section is complete.	Dan Merrick	Queens Park	Warm up 10 x 2 @5k pace (1.30 float) cool down	Gemma Ireland	Rainford Bypass (B&G)	8 x 2 mins @ 5k effort with 1:30 mins float recovery to regroup. Do 2 reps out and 2 reps back x 2 = 8	Sue Heaps	East Lancs (Liverpool)	8x 2 min @ 5k pace with 1:30 float recovery.	Nicola Howarth (2)	Victoria Park
Mon 16 Mar	Tempo Blocks Coaches' choice of tempo blocks with static recoveries between.	Keeping the tempo build from Jan & Feb relevant, we'll complete 3 x 10:00 blocks with 2:00 rest. This is a hilly loop, so adjust the paces accordingly, focussing on a consistent effort rather than pace.	Kelly Hamilton	Rainford Bypass (B&G)	Tempo blocks - warm up 3 x 10 minutes off 2mins walk regroup rest	Paul Dowdle	Queens Park	3 x 8 mins tempo @ HM effort with 3 mins walk/jog recovery. Use the perimeter of the park if dark.	Jo Herriott	Victoria Park	3x 8 min tempo with 2 min regroup recoverys.	Leslie Abbott (2)	Rainford Bypass (Golf Club)
Wed 18 Mar	Track Coaches' choice of structure using 400m intervals.	3 or 4 Sets of: 4 x 400m @ 5k pace, off 1:00. The fourth rep in each set is to be ran at 3k pace. 2:00 easy jog between sets in addition to the 1:00 static.	Richard Seville	Sutton Leisure Centre	Warm up (4 laps) drills 12 x 400m (90s static rest) @ 5km pace Cool Down	Graham Jones	Sutton Leisure Centre	3 sets of 3 x 400m @ 5k effort with 30 seconds rest between each. 2 mins rest between sets.	Jess Wood	Sutton Leisure Centre	Easy 4-5 mile muster or Track with B2	Alex Abbott (2)	RL Choice
Mon 23 Mar	3 Gears Fartlek Up to 4 sets of: 3:00 Tempo, 2:00 jog, 2:00 10k pace, 1:30 jog, 1:00 5k pace, 3:00 jog.	4 sets, in out and back format, using the 3:00 jog to regroup.	John Williams	East Lancs (Towards Manc)	Warm Up - 3 sets 3:00 Tempo, 2:00 jog, 2:00 10k pace, 1:30 jog, 1:00 5k pace, 3:00 jog Cool Down	Kirstie McCaffrey	Victoria Park	3 sets of 3 mins tempo effort, 2 mins 10k effort, 1 min 5k effort (total 6 mins per set). 3 mins walk/jog recovery to regroup.	Anita Hall	Queens Park	3 sets of 3:00 Tempo(2:00 jog recovery),2:00 10k pace (1:30 jog recovery), 1:00 5k pace (3:00 jog recovery).	Sharon Swift	Rainford Bypass (B&G)
Wed 25 Mar	Alternation Tempo Bringing together our enhanced tempo running and active recovery capability. Alternating between Tempo Pace and Steady Pace every 3:00.	Easy warm up to Windle Island. Run out for 18:00, turn to run back for 18:00. Ensure you don't go too quick in the tempo sections and make good use of the 'steady' sections to ensure you still feel strong by the end.	Dan Merrick	Rainford Bypass (Golf Club)	Warm up - 36 mins of 3 mins tempo 3 mins steady Cool Down	Gemma Ireland	East Lancs (Towards Manc)	2 sets of 3 mins tempo/3 mins steady/3 mins tempo/3 mins steady (total 12 mins per set). Jog recovery to regroup. Second set to start once regrouped.	Elaine Parry	RL Choice	2 x 12 mins of alternating 3min tempo/ 3 mins steady	Rachel Tickle	Victoria Park
Mon 30 Mar	Easy Muster Run Coaches' choice of distance, an easy run to allow some recovery at the end of the training block.	Enjoy a nice muster run to celebrate the end of the this training block, just as the dark nights start to draw out!	Paul Howard	RL Choice	Easy 60 mins working on aerobic capacity	Kylie Barlow	RL Choice	6 mile muster run.	Anita Hall	RL Choice	4-5 mile easy muster	Jo Moss	RL Choice