

Training Plan

July 2026

ST.HELENS
Striders

Training Focus: July is the first month of the next 3 month cycle of training. We will be building on what we've done since April and working towards the 10k distance. Efforts will predominantly be 10k pace focused but we will keep some short, sharp efforts in the month to maintain top end speed. Outside of Strider sessions we would suggest a longer run 60-90 mins of aerobic easy running and strength work around prehab exercises and leg strength will support a 10k focussed plan.

Plan by: Kyle Barlow

Date	Session Description	A - Daniel Merrick			B1 - Kyle Barlow			B2 - Kelly Hamilton			C - Rachael Fairclough		
		Notes	Run Leader	Location	Notes	Run Leader	Location	Notes	Run Leader	Location	Notes	Run Leader	Location
Wed 1st July Social Option with Jackie	Easy running Easy social 60 mins off-road with 4 x 30s strides	Run leaders choice of route for an easy muster run. Finish with some strides.	Paul Howard	RL Choice	Easy social 60 mins off-road with 4 x 30s strides	Paul Brown	Carr Mill Dam	6 mile easy muster run. At mile 5 approx, 4 x 20 second strides. Mile 6 to cool down.	Sue Heaps	RL Choice	Easy run for 60 mins followed by 4 x 25 second strides with 50 seconds rest between	Jason Mather (2)	Sankey Valley (Rangoli Sankey Arms)
Mon 6th July	Intervals @ 5km pace 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	Meet at Sherdley Park Driving Range Car Park Efforts at 5km Pace: 3 x 1200m (2:00), 3:00 easy jog, 3 x 1000m (1:30).	Kelly Hamilton	Sherdley Park	Warm Up 2 x 1200m off 3 mins jog/walk regroup recovery x 1000m off 2.30mins jog/walk recovery @ 5k pace Cool Down	Paul Dowdle	Sankey Valley (Rangoli Sankey Arms)	6 x 4 mins @ 5k effort with 2 mins walk/jog recovery.	Rachel Tickle	Queens Park	Coached session. Short drills followed by 3 x 6 mins @ 5km effort with 2.5 mins easy walk/ slow jog. 3 mins static rest. Followed by 2 x 4 mins @ 5km effort, 90 seconds slow jog. Use the paths round Sherdley park. Meet at carpark by playground	Rach F	Sherdley Park
Wed 8th July	Kenyan Hills Done as efforts 4-6 x approx 1km hard up and downhill running	3 loops clockwise, 3:00 rest, 3 loops anticlockwise. Run at 10k effort on the up and down, use flat section as active recovery within each loop.	Richard Seville	Lady Pilks	Kenyan Hills - done as efforts 5 x approx 1km hard up and downhill running	Graham Jones	Sherdley Park	5 x loops Approx 800m with 90 seconds rest. Maintain effort on the uphill sections.	Elaine Parry	Victoria Park	Kenyon Hill session over approx 1km. 4 x loops pushing on the up and down and staying steady on the flat. 2.5 mins static rest. Meet @ King Edward carpark	Rachel Tickle	The Dream
Mon 13th July	Fartlek Continuous running approx 40 mins with sets of 4 mins @ HM pace 4 mins easy 2 mins @ 10km 2 mins easy	After the warm up, continuous running broken down as: 4:00 HM Effort, 2:00 Easy, 2:00 10k Effort, 2:00 Easy.	Kieran O'Brien	Victoria Park	Wam Up fartlek continuous running 3 x 4 mins @ HM pace 4 mins easy 3 x 2 mins @ 10km 2 mins easy Cool Down	John Williams	Rainford Bypass (B&G)	3 sets of 4 mins @HM effort, 2 mins easy, 2 mins @10k effort, 2 mins easy (each block is 10 mins = 30 mins total plus warm up and down)	Jo Herriott	Rainford Bypass (Golf Club)	Wam Up. Fartlek session 3 x (3 mins @ HM pace 3 mins easy, 2 mins @ 10km 2 mins easy) Cool Down. Use Jnr parkn loop	Sharon Swift	Victoria Park
Wed 15th July	Track Warm Up drills & strides 2 x 1200m 4 x 800m @ 5k pace Cool Down	Efforts at 5k pace: 1 x 1600m (3:00), 2 x 1200m (2:30), 2 x 800m (2:00).	Dan Merrick	Sutton Leisure Centre	Track - Warm Up drills & strides 2 x 1200m 4 x 800m Cool Down	Kylie Barlow	Sutton Leisure Centre	2 x 1200m (2.5 mins rest), 2 x 800m (2 mins rest).	Kelly Hamilton (C)	Sutton Leisure Centre	Track with B2 or easy run with Nicola	Nicola Howarth (2)	Sutton Leisure Centre
Mon 20th July Social Run with Jackie	Tempo Warm Up - 30-35 min tempo or LT work split for example as 14, 10, 10 mins	Efforts at Tempo Pace. Run each effort as an out and back, with 3:00 full rest between: 12:00 / 10:00 / 12:00	John Williams	Sankey Valley (Rangoli Sankey Arms)	Tempo running - Warm Up 12 mins 10 mins 10 mins @ tempo pace Cool Down	Paul Dowdle	RL Choice	12 mins @HM effort (3 mins walk/jog), 10 mins @HM effort (2 mins walk/jog), 8 mins @HM effort. Use the flat paths around the perimeter	Anita Hall	The Dream	Warm up. 1 x 10 mins and 2 x 8 mins with 2.5 mins and 2 mins regroup jog/ walk. Meet @ Bypass	Gary Ward	Berringtons Lane
Wed 22 Jul	Pyramid Efforts @ 10k pace Coach to set time - approx 30 mins work as - 4,6,8,6,4	Efforts at 10k pace: 4:00 (1:00), 6:00 (1:30), 8:00 (2:00), 6:00 (1:30), 4:00.	Dan Merrick	Rainford Bypass (Golf Club)	Warm up- pyramid efforts 4,6,8,6,4 @ 10k pace off 90s 2 mins 3 mins static recoveryCool Down	Graham Jones	Berringtons Lane	1 (30), 3 (60), 5 (90), 7 (2 mins), 5 (90), 3 (60), 1. Run out until 3.5 mins into the 7 min effort then turn back. Even pacing will get you back to Windle. Recovery is static.	Sue Heaps	East Lincs (Liverpool)	Run out along the old railway line to cronton. 3 mins (90), 5 mins (2), 6 mins (2.5), 5 mins (2) and 3 mins. Cool down back to King Edward car park	Jo Moss	The Dream
Mon 27 Jul	Steady Running 60 mins with 4 x 20s strides	Run leaders choice of route for a muster run at Steady pace. Finish with some strides.	Rachael Fairclough	RL Choice	Steady running 60 mins harder than easy (HM pace +20s approx) with 4 x 20s strides	Kirstie McCaffrey	The Dream	1 mile warm up, 4 miles steady, 4 x 20 secs strides, 1 mile cool down.	Jo Herriott	RL Choice	Warm up. 3 miles steady on the trails (bit harder than HMP) and 1 mile cool down	Jenny Appleton	Sankey Valley (Rangoli Sankey Arms)
Wed 29 July	Short Hard Efforts 2 or 3 sets (5 x 200m @ 800m pace)	3 sets of: 3 x 200m at 800m pace, (1:00) with a 3:00 easy jog between each set	Kieran O'Brien	Queens Park	Warm Up (long 1.5-2 miles) 2 sets (5 x 200m @ 800m pace) Cool Down (long 1/5-2 miles)	Gemma Ireland	Victoria Park	10 mins minimum warm up, 4 x 20 second strides. 2 sets of 5 x 1 minute at sub 5k effort with 1 minute walk/jog recovery. 3 mins static rest between sets. Cool down.	Jason Mather	Sherdley Park	Warm up, 2 x (5 x 200m or 1 min effort @ sub 5k pace) with 1 min static rest. 3 mins rest between sets. Cool down	Rachel Tickle	Rugby Club