ST.HELENS Striders

Month Year

Plan designed by Rachael. Building on the hill fitness in October, we move to Kenyon hills and longer intervals

			Run Leader	Location	Coaches Notes
Mon 2 Nov	**Kenyon Hills** 2 x 15 min blocks of kenyon hills 800-1k in distance. Push on the up, hold on the flats and push on the down	A	John Williams	Rainford Bypass (B&G)	2 blocks of 15:00 continuous running on hilly loop (hard up, controlled down), 2:00 regroup.
		B1	Paul Dowdle	Croppers Hill	Warm up to croppers hill 2 x 15 continuous hills hard up and down 3 mins static rest between blocks CD
		B2	Anita Hall	Victoria Park	Warm up via Dentons Green and North Road. 2 sets of 3 x loops. 90 secs rest between reps. Minimum 3 minutes rest between sets to regroup. Cool down via Bishop Road
		C	Sharon Swift	Lord Street	2x 15 min blocks, effort up and recovery down (loops of lord street/cowley street)
Wed 4 Nov Social Striders	**Intervals** 3-5 x 1 mile efforts or time equivalent (10k pace) with static rest	A	Richard Seville	Queens Park	5 x 6:00 intervals at 10k effort, with 2:00 jog recovery.
		B1	John Williams	Rainford Bypass (Golf Club)	Warm up to bypass - 4 x 1 mile @ 10k pace off 90s rest static CD
		B2	Jo Herriott	East Lancs (Liverpool)	Warm up to Windle. 4 x 15 second strides. 4 x 8 mins @10k pace with 2 mins static rest. Out, back, out, back.
		C	Cathy Pearce	Victoria Park	3-4 laps of the perimeter of the park with static recovery (90-120s)
Mon 9 Nov	**Hill Efforts + Tempo** 4-7 x 90 second uphill, jog back down. Static rest followed by 8-12 min tempo (HMP) on the flat	A	Kelly Hamilton	Hard Lane	5 x hill efforts to top of Hard lane, jog down recovery. Jog to Victoria Park. 12:00 Tempo block, using the outside path (6 min out, 6 min back).
		B1	Kirstie McCaffrey	Victoria Park	Warm up 5 x 90s hill efforts jog down recovery- 3 min static rest then use the outside of the park for 12 min tempo CD
		B2	Jo Herriott	Rainford Bypass (B&G)	Warm up to Windle. 4 x 15 second strides. Tempo from Windle to bottle and glass hill. 3 mins rest to regroup. 4 x hill efforts, jog back down. 3 mins rest. Tempo back to Windle.
		C	Rachel Tickle	Cowley hill	5x hill efforts up to park entrance, then tempo along bishop road to city road, along to east lancs and up to windle island.
Wed 11 Nov Social Striders	**Muster run + strides** Muster run plus 4-8 x 100m strides (or 20 secs) at the end	A	Paul Howard	RL Choice	Easy muster with strides to finish
		B1	Paul Brown	RL Choice	60 min muster run approx 6.5 miles easy pace with 4 x 20s strides to finish
		B2	Rachel Tickle	RL Choice	6 mile muster run finishing with 6 x 20 second strides.
		C	Jason Mather (2)	RL Choice	~5 mile muster run, finish with 4 x 100m strides
Mon 16 Nov	**Intervals** 3 mins, 6 mins, 9 mins, 6 mins, and 3 mins HMP pace with 90, 2 and 2.5 min jog recovery between	A	Gareth Davies	Rainford Bypass (Golf Club)	Intervals at HM pace with jog recoveries: 3:00 (90s), 6:00 (2:00), 9:00 (2:30), 6:00 (2:00), 3:00. Out and back (turn halfway through the 9:00 rep)
		B1	Graham Jones	Queens Park	WU 3 mins, 6 mins, 9 mins, 6 mins, and 3 mins HMP pace with 90, 2 and 2.5 min jog recovery between CD
		B2	Jenny Appleton	Rainford Bypass (B&G)	Warm up long way to Queens Park. 4 x 15 second strides. 3(90), 6(2), 9(2.5), 6(2), 3(90) efforts 5k-10k pace.
		C	Sharon Swift	East Lancs (Liverpool)	Intervals at HM pace with jog regroup recovery: 3:00 (90s), 6:00 (2:00), 9:00 (2:30), 6:00 (2:00), 3:00. Out and back (turn halfway through the 9:00 rep)
Wed 18 Nov Social Striders	**Track- Intervals** 8-10 x 200-300m intervals or time based (hard) with 100m /200m v slow jog recovery or all Group Mona Fartlek	A	Dan Merrick	Sutton Leisure Centre	Warm up drills and striders 2 sets 5 x 300m @ 5k pace off 100m walk recovery 3 mins between sets CD
		B1	Kylie Barlow	Sutton Leisure Centre	Warm up drills and striders 2 sets 5 x 300m @ 5k pace off 100m walk recovery 3 mins between sets CD
		B2	Sue Heaps	Sutton Leisure Centre	Warm up, drills and strides. 2 sets of 300m sub 5k pace, 100m walk/jog recovery. 3 mins rest between sets.
		C	Jenny Appleton	RL Choice	Track with B2 or easy 4-5 mile muster from ruskin
Mon 23 Nov	**Tempo Sandwich** 8- 12 mins tempo (HMP), 3-4 x 3-4 mins @ 10k pace, 8-12 mins tempo (HMP) with suitable recovery betweeen	A	Kieran O'Brien	East Lancs (Liverpool)	Tempo (HMP) - 6:00 out, 6:00 back. 2:00 rest. Intervals (10k) - 4 x 3:00, 90s rest. Tempo (HMP) - 6:00 out, 6:00 back.
		B1	Graham Jones	Rainford Bypass (B&G)	Warm up drills and strides 12 min tempo @ HM pace (3 mins static rest) 4 mins @ 10k pace (2 mins static rest) 12 min tempo CD
		B2	Rachel Tickle	Rainford Bypass (Golf Club)	Warm up to Windle. 4 x 15 second strides. 10 min tempo @HM pace (3 static). 4 x 3 mins @10k pace (90 jog recovery), 10 mins tempo @HM pace.
		C	Nicola Howarth (2)	Queens Park	8 min tempo with 2min recovery, 3x 4 mins @ 10k pace (60s recovery), 8 mins tempo.
Wed 25 Nov Social Striders	**Kenyon Hills** 20-30 min blocks of kenyon hills 800-1k in distance. Push on the up, hold on the flats and push on the down	A	Gareth Davies	Rainford Bypass (B&G)	2 blocks of 15:00 continuous running on hilly loop (hard up, controlled down), 2:00 regroup.
		B1	Paul Dowdle	Croppers Hill	Warm up to croppers hill 2 x 15 continuous hills hard up and down 3 mins static rest between blocks CD
		B2	Sue Heaps	Victoria Park	Warm up to Vicky Park via Dentons and Queens Park. 2 x 12 mins continuous Kenyan Hill efforts. 3 mins static rest. Aim to conplete same number of loops on both sets.
		C	Jason Mather (2)	Hard Lane	2x 15 min bloks of kenyan hills on Hard lane. 3-4 min recovery between sets
Mon 30 Nov	**Intervals** 1 mile, 4 x 800, 1 mile or time equivilent at 5k-10k pace	A	John Williams	East Lancs (Liverpool)	Intervals at 5k pace: 1 x 6:00 with 2min rest, 4 x 3:00 with 1:30 rest, 1 x 6:00.
		B1	Paul Brown	Queens Park	Warm up -7.30 mins 4 x 3.30 @ 5k pace mins 7.30 mins @ 10k pace Cool Down
		B2	Jason Mather	East Lancs (Liverpool)	Warm up inc 4 x 15 sec strides. 8 mins @10k pace (3), 4 x 4 mins @5k pace (90), 8 mins @10k pace.
		C	Nicola Howarth (2)	Rainford Bypass (Golf Club)	Out: 1 mile, 1x 800m, 1x 400m. Back: 1x 400m, 1x 800m, 1 mile.