

ST.HELENS Striders			August 2026		
			Plan designed by Kylie Barlow		
		Run Leader	Location		Coaches Notes
Mon 3 Aug	Easy Run 60 mins off-road trail run finish 4 x 100m strides	A	Kelly Hamilton	RL Choice	Approx 7 miles, muster as required.
		B1	Paul Brown	RL Choice	60 mins total, muster as required.
		B2	Jo Herriott	RL Choice	60 mins total, muster as required.
		C	Sharon Swift	Berringtons Lane	Complete the strides on the tarmac outside Sticky Wicket
Wed 5 Aug Social Run with Jackie Ellis	Intervals @ 5k 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	A	Kieran O'Brien	East Lincs (Liverpool)	3 x 1200m with 2:00 rest, 3 x 1000m with 90s rest
		B1	Kylie Barlow	Sankey Valley (Rangoli Sankey Arms)	2 x 1200 off 2.30 min rest 3 x 1000m off 2 min rest
		B2	Elaine Parry	Victoria Park	2 x 1200m, 2:30 recovery, 3 x 1000m with 2:00 recovery
		C	Jenny Appleton	Queens Park	3 x 5:30 mins with 2:45 rest, 2 x 4:30 with 2:15 mins rest
Mon 10 Aug	Mona Fartlek Warm Up approx 15 mins Hard effort 2 x 90s 4 x 60s 4 x 30s 4 x 15s all off equal time float Cool Down 15 mins	A	John Williams	Victoria Park	As per description
		B1	Paul Dowdle	Queens Park	As per description
		B2	Jo Herriott	Lady Pilks	As per description
		C	Rach F	Sherdley Park	Meet at Car park by the playground. 15 min WU. Session as per description
Wed 12 Aug	Hills Warm up 6 x 3-4 min uphill efforts Cool Down	A	Gareth Davies	Lady Pilks	Use the hill from the road up to the house.
		B1	Graham Jones	Victoria Park	Use parkrun hill from the bottom gate to the mansion house - rest jog/walk downhill
		B2	Sue Heaps	Victoria Park	Use Cowley Hill side of the park. 6 x hills with jog recovery down.
		C	Jo Moss	The Dream	Meet at George V car park. 5 x 3 mins with easy jog back down. Interval is from the start of parkrun, up towards the Head
Mon 17 Aug	Tempo Warm up 30-35 min tempo effort as per coach can be broken into 10-15 min blocks Cool Down	A	Rachael Fairclough	Sankey Valley (Rangoli Sankey Arms)	3 x 10:00 with 3:00 recovery. Each to be done as 5:00 out and 5:00 back.
		B1	Kirstie McCaffrey	RL Choice	Warm up 12/10/10 tempo/threshold pace 10k + 30s approx off 4 min jog
		B2	Anita Hall	RL Choice	3 x 10:00 at Tempo pace with 2:00 jog recovery to regroup
		C	Jason Mather (2)	Taylor Park	Park at Taylor park. Wu round the lake. 3 x 10 min blocks with 3 min easy jog using the paths
Wed 19 Aug Social Run with Jackie Ellis	Track- speed work Warm Up Drills & Strides 3 sets of 4 x 200m @ 800 or mile pace off 200m jog/walk recovery 4 mins between sets Cool Down	A	Richard Seville	Sutton Leisure Centre	4 sets of 4 x 200m with 200m jog recovery and 3:00 static rest between sets.
		B1	Gemma Ireland	Sutton Leisure Centre	3 (4 x 200)
		B2	Rachel Tickle	Sutton Leisure Centre	2 x 4 x 200m with 200m jog recovery and 3 min static between sets.
		C	Nicola Howarth (2)	RL Choice	Track with B2 or Easy run
Mon 24 Aug Social Run with Jackie Ellis	Steady OR Progressive Run 60 mins @ steady pace finish with 4 x 80-100m strides OR progressive start easy end at tempo pace for 4-5 miles with WU & CD	A	Dan Merrick	RL Choice	Progressive Run - increase the pace slightly every half a mile / 1km. Muster back periodically to keep group together.
		B1	Kylie Barlow	RL Choice	N/A
		B2	Jason Mather	RL Choice	5-6 mile progressive run, increase pace slightly per mile. Must as required.
		C	Jo Moss	Sankey Valley (Rangoli Sankey Arms)	5 mile progressive run. Aim to get 10 seconds faster per mile
Wed 26 Aug	Intervals Warm up 4 x 800m 4 x 600m @ 5k or sub 5k pace jog/walk recovery 50% interval time Cool Down	A	Brad Owen	Queens Park	4 x 800m, 90s rest. 3 mins regroup. 4 x 600m, 60s rest.
		B1	Gemma Ireland	Taylor Park	800 off 2 min rest 400 off 1 min rest (maximum) rest is moving
		B2	Sue Heaps	Victoria Park	4 x 800m, 2 min recovery. 4 x 400m 1 min recovery. Use top section of park.
		C	Rachel Tickle	Victoria Park	4 x 4 mins with 2 mins slow jog, 2 x 3 mins with 90 seconds slow jog. Use Jnr parkrun loop
Mon 31 Aug	Bank Holiday No session				