Training Plan

November 2025

ST.HELENS Striders

Training Focus:	We are now in the second month of our winter hills focus. We will be sticking to well lit roads as much as posible but please take care with footing in the dark. Hi Vis/ Bright clothing remains a must (please dont make us hand out hi vis vests), not only are you more visible for road traffic, its easyer for the run leaders to keep track of eveyone. This is a 3 month cycle of training. We continue to focus on hills and endurance with shorter or jog recoveries.													
Plan by:	Alex Abbott													
		A - Daniel Merrick			B1 - Kylie Barlow			B2 - Kelly Hamilton			C - Alex Abbott			
Date	**Session Description**	Notes	Run Leader	Location	Notes	Run Leader	Location	Notes	Run Leader	Location	Notes	Run Leader	Location	
Monday 3rd *** Move Up Monday ***	**Kenyan Hills** 3x 10 minute intervals(HM pace) with min recovery between sets	3 x 10:00 at Tempo Effort (half marathon) with 2:00 rest between sets.	Paul Howard	Rainford Bypass (B&G)	3 x 10 minute tempo loops using Croppers Hill	Paul Dowdle	Croppers Hill	6 x Kenyan hill loops with 90 seconds static rest. Bishop Road, Cowley Hill, back through the park. Approx 600m loops.	Jason Mather	Victoria Park	3x2-3 loops from park top gate down to argile street along and back up chapel street into the park down to mansion house car park and back up city road	Gary Ward	Victoria Park	
Wednesday 5th *** Social Striders ***	**Muster Run** 5-7 mile muster run	Approx. 7 mile muster run	Kieran Allen	RL Choice	Approx 6.5 mile easy muster run	Paul Brown	RL Choice	6 mile hilly muster run	Sue Heaps	RL Choice	~ 5 mile muster run	Sharon Swift	RL Choice	
Monday 10th	**Fartlek** Varying between 45s to 120s intevals alternaing between fast and easy (25- 35 minutes) regroup as required.	4 sets of: (3:00 HM pace, 2:00, 10k pace, 1:00 5k pace) 2:00 jog recovery and regroup between sets.	John Williams	Queens Park	Warm up 30 min fartlek using the leaders whistle varying efforts hard and easy Cool Down	Rachael Fairclough	Rainford Bypass (B&G)	30 minute fartlek structured as 30 secs at 5k effort, 60 secs at 10k effort, 90 secs at half mara effort, 2 mins jog to regroup.	Elaine Parry	East Lancs (Liverpool)	Easy warm up to bypass, alternate fast to easy in intervals of 45s to 120s. To pasture lane and back.	Leslie Abbott (2)	Rainford Bypass (Golf Club)	
Wednesday 12th	**Track** 4-6 reps alternating between 400m and 1200m with short recoveries.	4 x (1200m @ 10k pace, 2:00 static recovery, 400m @ 3k pace, 1:00 static recovery)	Richard Seville	Sutton Leisure Centre	4 lap warm up drills & strides 3 x 400 @ 5km (90s rest) pace 3 x 1200 (2 min rest) Cool Down	Kylie Barlow	Sutton Leisure Centre	4 lap warm up as 3 easy, 1 steady. 4 x 15 second strides. 3 sets of 400m at 5k effort (60 rest) 1200m at 10k pace (2 mins rest). Easy 4 laps cool down and stretches.	Rachel Tickle	Sutton Leisure Centre	Easy ~ 5 mile muster run from Ruskin (or track with B2)	Jo Moss	RL Choice	
Monday 17th	**Progressive** 4-6 miles in total getting ~15s quicker per mile	Easy warm up to Windle. Starting at 'steady' pace, we'll increase the pace by around 10s/mi (6s/km) every mile.	Dan Merrick	Rainford Bypass - Golf Club/Rainford Loop	Progressive run starting easy increase pace until you get to tempo pace - 6 miles approx	Paul Brown	RL Choice	5 mile progressive run starting with mile 1 at warm up pace. Cool down 1 mile (6 mile total). Aim to get 10 secs quicker per mile for the progression.	Jo Herriott	RL Choice	4-5 mile progressive run, increasing pace 15s per mile (Muster as required)	Nicola Howarth (2)	RL Choice	
Wednesday 19th	**International Men's Day** Mixed Group Muster Runs	**International Men's Day Run:** Men's Neon Mixed Groups Muster Run with groups split and led Kieran Allen and other RLs. Followed by social gathering at Ruskin. **Alternative Muster:** There will also be a Mixed Group's Muster for those that aren't taking part in the International Men's Day Run, led by Kirstie McCaffrey and other RL's.												
Monday 24th	**Beat the Clock** Easy 21-24 mins out, Tempo 16-18 mins back (2-3 min recovery).	22 minutes out at easy pace, 18 minutes back at a pace that will get you back to the starting point before the timer runs out.	Kelly Hamilton	Rainford Bypass (B&G)	WU 1 mile 22 mins out 18 mins back (3 min recovery) CD 1 mile	Graham Jones	Rainford Bypass (Golf Club)	21 minutes out and 17 minutes back	Jason Mather	East Lancs (Towards Manc)	Beat the clock, 22 mins easy out, 17 tempo back.	Leslie Abbott (2)	East Lancs (Liverpool)	
Wednesday 26th *** Social Striders ***	**Hill Efforts** 10-14 hill loops (45 to 60s up) with jog recovery down. 2-3 min static recovery at halfway point.	5 x 45s moderate hill efforts (jog down recovery) / 2:00 easy jog / 5 x 30s hard hill efforts (jog down recovery)	Gareth Davies	RL Choice	Warm up 10 mins - 12 x 45s hard hill efforts 2 min recovery at halfway point Cool Down 10 mins	Gemma Ireland	Victoria Park	2 sets of 6 x 60 second hill efforts with jog back recovery. 3 mins rest between sets.	Sue Heaps	City Road Hill	5x hill efforts on both sides of hard lane (10 hills total)	Jenny Appleton	Hard Lane	