

# Training Plan

December 2025

**ST.HELENS**  
== Striders ==

Training Focus:	The final month of our winter hills focus. This is a short month with a short break before we recommence in the new year. Please take care with footing in the dark. Hi Vis/ Bright clothing are a must (please dont make us hand out hi vis vests), not only are you more visible for road traffic, its easier for the run leaders to keep track of everyone.												
Plan by:	Alex Abbott												
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
Monday 1st ** Move Up Monday **	Tempo: 30 min tempo at HM pace	3 x 10:00 at Tempo Pace, with 2:00 recovery. Each rep should be 5:00 out and 5:00 back.	Paul Howard	East Lancs (Towards Manc)	Warm up 3 x 10 min tempo blocks off 2 min recovery and regroup Cool Down	Rachael Fairclough	Rainford Bypass (B&G)	Warm up to Windle. 3 x 8 mins at HM pace with 3 mins jog to regroup. Use Strider file route.	Anita Hall	Rainford Bypass (Golf Club)	Easy jog warm up to windle island. 15 mins out straight into 15 mins back at HM tempo. Recovery after 30 mins then easy jog back to club.	Gary Ward	Rainford Bypass (Golf Club)
Wednesday 3rd	Hilly muster run: 5-7 mile muster run	7 mile run with lots of muster points.	Kieran Allen	RL Choice	60 min muster run take in some hills incorporate St Helens 10km	Gemma Ireland	RL Choice	6 mile muster run	Sue Heaps	RL Choice	~ 5 mile muster run with some hills on route	Sharon Swift	RL Choice
Monday 8th ** Social Striders **	Ho Ho Hills: 10-14 hill loops (45 to 60s up) with jog recovery down. 2-3 min static recovery at halfway point.	2 sets of (10 uphill efforts, with jog recovery back down). 2:00 recovery between sets.	John Williams	Hard Lane	Long warm up 12 hill efforts 45-60s long cool down	Paul Dowdle	Lord Street	2 sets of 3 x 60, 3 x 45, 3 x 30 secs with jog back recovery. 3 mins rest between sets.	Jason Mather	The Avenue	Two sets of 6 hills using mansion house car park to rutland street.	Leslie Abbott (2)	Victoria Park
Wednesday 10th Franks Christmas Handicap	Frank's Christmas Handicap 🏃	Frank's Christmas Handicap 🏃	Richard Seville		Frank's Christmas Handicap 🏃	Kylie Barlow		Meet at Ruskin. 2 mile handicap race - earn those festive treats at the end!	Elaine Parry	Rainford Bypass (B&G)	Frank's Christmas Handicap 🏃	Jenny Appleton	
Monday 15th	Tempo: 3x 8-12 min Tempo with jog regroup recovery between sets	12:00, 10:00 and 8:00 at tempo pace, resting for 2:00 between.	Kelly Hamilton	RL Choice	Warm up 3 x 9 min tempo efforts aim for HM pace off 2 min recovery Cool Down	John Williams	East Lancs (Liverpool)	Repeat of 1st Dec session but slightly longer. Warm up to Windle. 3 x 9 mins @HM effort with 3 mins jog to regroup. Use Strider file route.	Jo Herriott	Rainford Bypass (Golf Club)	Tempo run along bypass, 8 mins, 10 mins, 8 mins with regroup recovery between.	Jo Moss	East Lancs (Towards Manc)
Wednesday 17th - Track	Track: 400m x1-2 (60s recovery), 800m x1-2 (90s), 1600m x2(120s), 800m x1-2(90s), 400m x1-2 (60s)	Reps at 5k pace: 2 x 400 (1:00 rest) 800 (1:30 rest), 1600 (2:00 rest), 800, 2 x 400. Easy jog for 400m, then finish with 2 x 200m at 3k pace with 1:00 rest between.	Dan Merrick	Sutton Leisure Centre	Track: 400m x 2 (60s recovery), 800m x1 (90s), 1600m x 1 (2mins) 800m x 1 (90s), 400m x 2 (60s)	Kirstie McCaffrey	Sutton Leisure Centre	400m (60), 800m (90), 1600m (2 mins), 800m (90), 400m (60) all @ 5k effort. Finish with 4 x 100m fast.	Rachel Tickle	Sutton Leisure Centre	Muster run from ruskin drive or Track with B2	Sharon Swift	RL Choice
Monday 22nd- Final session of the year ** Social Striders **	Christmas tree muster run	Christmas Tree Run 🌲	Gareth Davies	RL Choice	Christmas Tree Muster Run 🌲	Graham Jones	RL Choice	Christmas tree muster run 🌲 🏃	Jo Herriott	RL Choice	Christmas Tree muster run: Easy ~5 mile muster	Leslie Abbott (2)	RL Choice