

Training Plan

February 2025

ST.HELENS
Striders

Training Focus: We're now moving into the second month of the current training block (which runs from January to March). We had a bit of a slow start due to the snow, but we're well any truly in the thick of this endurance focussed training block and we're all well on the way to being super prepared for a spring half-marathon, marthon, ultra marathon etc. In the first half of the month, we'll keep building on our Tempo Sessions, which will improve our ability to run 'hard for longer' alongside some hill sessions. In the second half of the month, we'll start some Float Interval sessions. These sessions teach our bodies to recover whilst still active, essentially super-charging the endurance we built in the earlier phase of the plan.

Plan by: Daniel Merrick

Date	Session Description	A - Daniel Merrick			B1 - Rachael Fairclough			B2 - Kelly Hamilton			C - Alex Abbott		
		Notes	Run Leader	Location	Notes	Run Leader	Location	Notes	Run Leader	Location	Notes	Run Leader	Location
Mon 3 Feb	Move Up Monday Hill repeats 2 x 90s, 4 x 60s, 6 x 30s hill repeats, at 5k effort (these are not sprints!). Easy walk or jog back down to recover.	Meet at The Ship Inn in Blackbrook. Use the hill up Stanley Bank Way, starting as it starts to climb, just after the car park entrance.	Kieran Allen	Sankey Valley (The Ship Inn)	Long warm up (1.5 miles) Hill repeats up Victoria park. 2 x 90, 4 x 60 and 6 x 30 seconds with slow jog back down to recover.	Paul Dowdle	Victoria Park	2 x 90, 4 x 60 and 6 x 30 seconds with jog back recovery. Longer warm up and down to reach at least 5 miles for the full session.	Jason Mather	Hard Lane	2 x 90, 4 x 60 and 6 x 30 seconds with jog/walk back recovery.	Leslie Abbott (2)	Lord Street
Wed 5 Feb	Tempo Blocks (3) 10:00, 10:00 and 8:00 blocks of running at Tempo Pace, with 2:00 recovery between blocks	10:00, 10:00 & 8:00 at Tempo Pace with 2:00 recovery between. <i>Option to 'float' the recovery to increase intensity of the session.</i>	Danny Cheetham	East Lincs (Liverpool)	2 x 10 and 1 x 8 min tempo with 2mins easy jog between. Use bypass, mossborough Island/ rainford loop and regroup on the recovery	Graham Jones	Rainford Bypass (Golf Club)	1 x 10 and 2 x 8 min tempo with 2 mins jog/walk recovery to regroup	Jo Herriott	Rainford Bypass (B&G)	2x 10min, 1x 8 min tempo (loops of perimeter of queens park) with 2 min regroup walk recovery between each.	Jo Moss	Queens Park
Mon 10 Feb	Mile Repeats Up to 4 x 1 mile efforts at 10k effort, with slow jog recovery up to 2:00. <i>Social Striders!</i> 30:00 relaxed social run with Jo Herriott and Kieran Allen.	4 x 1 mile efforts. Extra: up to 4 x 30s strides with walk back recovery if finished early.	Kelly Hamilton	Rainford Bypass (Golf Club)	Warm up, 4 x 20 second strides and then 4 x 1 mile efforts (out and back towards triangle) at 10k pace or less. Static recovery	Kylie Barlow	East Lincs (Liverpool)	4 x lap @ 10k effort with 2 mins recovery.	Mark Hamilton	Queens Park	3x loops of victoria park, -2 min recovery between laps.	Gary Ward	Victoria Park
Wed 12 Feb	Tempo Blocks (4) 2 x 10:00 blocks of running at Tempo Pace, with a final block of up to 10:00. Up to 2:00 recovery between blocks	3 x 10:00 at Tempo Pace with 2:00 recovery between. <i>Option to 'float' the recovery to increase intensity of the session.</i>	Paul Howard	Queens Park	3 x 10 min tempo blocks with 2 mins easy jog and regroup in between.	Jenny Martin	Griffin Grind (Reverse)	2 x 10 min and 1 x 8 min tempo with 2 mins jog/walk recovery to regroup.	Sue Heaps	Rainford Bypass (B&G)	2x 10min, 1x 8 min tempo with 2 min regroup walk recovery between each. 10 mins out (recovery), 10 mins back (recovery), and 4 min out and 4 back.	Sharon Swift	Rainford Bypass (Golf Club)
Mon 17 Feb	"Steady State" Muster Run To be ran at your 'Steady Pace' (active, purposeful but not 'hard', a pace you'd be able to maintain for about an hour).	The goal is to be in 'steady state' for an extended period of time, so don't run so fast that you have to rest at the muster points. Keep it controlled and sensible.	Gareth Davies	RL Choice	1.5 mile warm up, 5 miles @steady pace, Frequent muster points to regroup. Head up towards Chain lane, Fingerpost etc and back through town	Paul Brown	East Lincs (Towards Manc)	1 mile warm up, 4 miles @steady pace, 1 mile cool down. Frequent muster points to regroup.	Katie Mansell	RL Choice	1 mile warm up, 3 to 3.5 mile steady pace, 1 mile cool down. Muster as required.	Nicola Howarth (2)	RL Choice
Wed 19 Feb	Track - Floats Coaches choice of combinations of: 900m with 300m float (3 laps) 600m with 200m float (2 laps) 300m with 100m float (1 lap)	2 x 900m 10k pace, 300m float, 3 x 600m 5k pace, 200m float, 4 x 300m 3k pace, 100m float. 1:30 static rest between sets.	Richard Seville	Sutton Leisure Centre	4-6 lap warm up. Keep layers on until you start the efforts. 2 x 900m 10k pace, 300m float, (6 laps) (3 mins rest) 2 x 600m 5k pace, 200m float, (4 laps) (2 mins rest) 2 x 300m 3k pace, 100m float. (2 lap)	Kirstie McCaffrey	Sutton Leisure Centre	Combined B2 & C Track Session 4 x 600m (1.5 lap) @5k effort with 200m easy run recovery. Total of 8 laps with no stopping, 3 mins rest. 4 x 300m @faster than 5k effort with 100m easy run recovery. Total of 4 laps.	Jess Wood	Sutton Leisure Centre	Combined B2 & C Road Session 4-5 mile measy muster run- From Ruskin Drive.	Jason Mather (2)	RL Choice
Mon 24 Feb	Mona Fartlek Varying paces, with continous running in reps of: 2 x 90s, 4 x 60s, 4 x 30s, 4 x 15s. Easy jog recovery after each rep for the same time as the effort.	Slight modification to increase total volume: 3 x 90s hard, 90s jog, 4 x 60s hard, 60s jog, 4 x 30s hard, 30s jog, 4 x 15s hard, 15s jog.	Paul Howard	Queens Park	Mona Fartlek- 2 x 90s, 4 x 60s, 4 x 30s, 4 x 15s. Easy jog recovery after each rep for the same time as the effort. Aim to get faster as the reps get shorter	Paul Brown	Ravenhead Retail (B&Q)	The classic Mona Fartlek (see description). Recoveries are to be moving.	Anita Hall	Rugby Club	Mona Fartlek: 90s, 2x60s, 2x 30s, 2x 15s towards liverpool. Easy jog recovery after each rep for the same time as the effort. 90s, 2x60s, 2x 30s, 2x 15s towards windle.	Jo Moss	East Lincs (Liverpool)
Wed 26 Feb	Float Intervals (1) Up to 10 reps of 3:00 @ 10k effort, with a 2:00 'float' recovery. A float recovery is faster than an easy jog, so will feel purposeful and active, but is still slow enough to let you recover.	Meet at Ship Inn, Blackbrook. Warm-up to the East Lincs, with efforts to be completed out and back towards Manchester. Complete between 8 - 10 reps, turning around after each float section is complete.	Dan Merrick	East Lincs (Pewfall Jct)	Long warm up (1.5 miles). 7 x 3 mins @ 10k pace with 2 mins float recovery (and use this to regroup if needed).	Kirstie McCaffrey	Queens Park	6 x 3 mins @10k effort with 2 minutes float recovery.	Elaine Parry	Ravenhead Retail (B&Q)	Easy warm up to victoria park. 6 x 3 mins @10k effort with 2 minutes float recovery.	Jenny Appleton	Victoria Park