

Stockport Harriers Intermediate Endurance Programme – 2017/18

Coaches

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Notes for training sessions on track.
Please keep in lanes 5
15 minutes or 2 miles jog warm up before and after session.
Mixed Intervals (with 400m jog between each interval) 1x3k at half marathon pace, (this interval can be done by running 1 lap on track and 1 lap on tops x 3), 1x1 mile at 10k pace, 1x1k at 5k pace, 1x800m at 3k pace. Meet 6.45 prompt for longer runs.
25 laps session 1 lap at marathon pace straight into 1 lap at 5k pace x 25 – 10k in total

Programme – April to April 2017/18

Week commencing April

Session 1 – Mixed Intervals or 25 laps – see above - track

Session 2 - 2x1.5 miles at half marathon pace with 2 minute jog recovery - Park pub loop

Week commencing April

Session 1 - 5x1k at 5k pace with 400m jog recoveries - track

Session 2 – 4 miles at marathon pace – Waterloo 5km mile loop

Week commencing April

Session 1 - 5x1k at 5k pace with 400m jog recoveries - track
Session 2 – 4 miles at marathon pace – Waterloo 5km mile loop

Week commencing April

Session 1-Fartlek 1 minute fast 50 sec recovery (5 laps)
Session 2- 2x 3000m 2 minute recovery.

Week commencing April

Session 1- 4 x 8 minute 2 minute standing recovery
Session 2- Hills and steps 5 of each x 2 set Vernon Park.

Week commencing 2nd May

Session 1-Fartlek 45 seconds fast 30 seconds recovery (5 laps)
Session 2- Pyramids 200,400,600,800 then reversed.

Week commencing 9th May

Session 1- 12 x 400m 90 sec recovery Offerton 10k route
Session 2- Offerton 10k course.

Week commencing 16th May

Session 1- Reddish Vale run, meet 6.45 prompt
Session 2- 5K time trial (park)

Week commencing 23rd May

Session 1- 5 x 1000m 200m jog recovery.
Session 2- Pyramid 200,400,800, 1000 then reverse.

Week commencing 30th May

Session 1- 10 x 400m- 90 seconds recovery.

Session 2- Reddish vale run meet 6.45 prompt.

Week commencing 1st June

Session 1- Offerton 10k route.

Session 2 - 20 x 200m 200mt jog recovery.

Week commencing 6th June

Session 1- 2 x 800, 4 x 400m 2x 600m 90 second recovery.

Session 2- Steady off road run (Reddish vale or chadkirk)

Week commencing 13th June

Session 1- 50 seconds fast 40 sec recovery (5 laps)

Session 2- Hill and steps bottom to top Vernon Park 25/ 30 minutes continuous.

Week commencing 20st June

Session 1- Reddish Vale run, meet 6.45 prompt

Session 2- Horses head loop 30 minutes continuous.

Week commencing 27th June

Session 1- Stockport road run approximately 10k (Not for Offerton 10k runners)

Session 2- Hill and steps starting from the stone Vernon park (Downhill technique)

Week commencing 4th July

Session 1- Pyramid 2x 800m, 4x 400m 2x 600m 75 sec recovery

Session 2- Run out with speed intervals and tempo.

Week commencing 11th July

Session 1- 3 x2000m 2 minute recovery

Session 2- Paalaufs 4 each way in the park

Week commencing 18th July

Session 1- track session with core work out!

Session 2- Steady long run out Reddish Vale or Chadkirk

Week commencing 25th July

Session 1- 20 x 200m 2 sets of 10 – 100m jog recovery.

Session 2- Ups and downs continuous 30 minutes.

Week commencing 1st August

Session 1- 2 x 800m 4 x 400m 2 x 600m 90 seconds recovery

Session 2- 5 x 1000m park 200m jog recovery.

Week commencing 8th August

Session 1- 8 x 600m 200m jog recovery.

Session 2- Horses head loop 30 minutes continuous.

Week commencing 15th August

Session 1- 12 x 400m 200m jog recovery.

Session 2- 6 mile run out 6 x 30 seconds sprints 2 x 20 minutes tempo.

Week commencing 22nd August

Session 1- Off- road run meet 6.45

Session 2- Tempo run with sprints last 10 minute easy.

Week commencing 29th August

Session 1- Fartlek 45 seconds fast 30 seconds recovery (5 laps)

Session 2- Woods run 6 x loop focus on the hills and form.

Week commencing September

Session 1 4 x 400m 2 x 600m 2 x 800m 90 sec recovery

Week commencing 5th September

Session 1- Fartlek 50 seconds fast 40 seconds recovery (5 laps)

Session 2- 6 x 6 minutes 2 min jog recovery.

Week commencing 12th September

Session 1- Hills and steps 5 of each x 2 sets- and extra treat at the end!

Session 2- Hills 8 from the bottom- Vernon Park (its hills get over it!)

Week commencing 19th September

Session 1- 6 x 800m 75 sec recovery

Session 2- Fartlek 50 sec fast 40 sec recovery (5 laps)

Week commencing 26th September

Session 1- 400m with circuits

Session 2- Fartlek 50 sec fast 40 sec recovery (5 laps)

Week commencing 3rd October

Session 1- pyramid, 800m at 5k pace, 1k at 10k pace, 1200 m at HM pace,

Session 2- 2x3000m at 10k pace, regroup and 2.5 min active recovery.

Week commencing 10th October

Session 1- Tesco roundabout hill session, 25 mins continuous

Session 2 – Reddish Road long run.

Week commencing 17th October

Session 1- New Zealand Road, Park pub to Park gates, 30 minutes continuous
Session 2 – Woodley long run

Week commencing 24th October

Session 1 – 2x2.5 mile at 10k pace, Park Pub loop. Regroup 2 mins active recovery.
Session 2 – 8x800m at 5k pace with 400m recovery.

Week commencing 31st October

Session1- Tesco roundabout hill, sprint relay session
Session 2 – 12x400m at 5k pace with 400m recovery

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Week commencing 7th November

Session 1- 8 x 800m- 70 sec recovery
Session 2- Woodley road run (or Stockport 10 route)

Week commencing 14th November

Session 1- Britannia loop, 30 minutes continuous, regroup and jog back to track
Session 2 – New Zealand Road, lamp post shuttles

Week commencing 21st November

Session 1- 2x3000m at 10k pace, regroup and 2.5 min active recovery
Session 2 - Reddish Road long run (or Stockport 10 route)

Week commencing 28th November

Session 1- 16 x 400m 90 sec recovery.

Session 2 – Wrights arms run

Week commencing 5th December

Session 1- 200m, 400m, 600m, 800m & reverse pyramid
Session 2 – steady long recovery run.

Week commencing 12th December

Session1 – pick an envelope!!
Session 2 – pick an envelope!!

Week commencing 19th December

Session 1 – pick an envelope!!

Session 2 – pick an envelope!!

Week commencing 26th December

Boxing Day run.

Session 2 – pick an envelope!!

Week commencing 2nd January

Session 1- 200m, 400m, 600m, 800m & reverse pyramid

Session 2 - steady long recovery run.

Week commencing 9th January

Session 1- 3 x 2000m 2 min recovery

Session 2 - 2 sets 15 min West park road.

Week commencing 16th January

Session 1- 3 x 2000m 2 min recovery

Session 2 - 2 sets 7 hill sprints West park road.

Week commencing 23th January

Session 1- 4 x 1 mile 2nd mile flat out.

Session 2 – Ups and down, you may need trail shoes or good grip footwear.

Week commencing 30th January

Session 1- 8 x 800m 90 sec recovery.

Session 2- 2 sets 15 min West park road

Week commencing 6th February

Session 1- 4 x 400m, 3 x 800m, 4 x 400m 90 sec recovery

Session 2- New Zealand road bottom to top gates 30 min continuous.

Week commencing 13th February

Session 1- 16 x 400m 75 sec recovery.

Session 2- Wrights arms run

Week commencing 20th February

Session 1- Mixed Intervals – 1x2k at half marathon pace 1x1 mile at 10k pace, 1x1k at 5k pace 1x800m at 3,000m pace. 1 lap jog recovery between intervals.

Session 2- Park Pub loop – 30 minutes continuous.

Week commencing 27th February

Session 1 2 sets of 7 - West Park Road or as many as you can in 30 Minutes

Session 2- 800m, 1000m, 1200m, 1000m, 800m

Week commencing 6th March

Session 1- Britannia – 30 minutes continuous

Session 2- 8 x 800m, 80 sec standing recovery

*25 laps – one lap 5k pace, one lap marathon pace

Week commencing 13th March

Session 1- New Zealand Road, 25 mins continuous

Session 2- 10x400m 10k pace (7th 400m flat out), 1 lap recovery between Each 400

25 laps – one lap 5k pace, one lap marathon pace.

Week commencing 20th March

Session 1- Park Pub Route - 15 min easy, 15 min steady, 15 min Threshold, 15 easy

Session 2- 3x1000m, 3x600m, 3x400m, 3x200m, 2 minute recovery

*25 laps – one lap 5k pace, one lap marathon pace

Week

Week commencing 27th March

Session 1- Wright arms 6 mile tempo run via Stepping Hill

Session2- 8 x 800m 80 sec recovery.

Week commencing 21st March

Session 1- New Zealand Road, 25 mins continuous

Session2- Woodley long run 7.45 start.

Week commencing 3rd April

Session 1- New Zealand Road, 2x 8 x hill sprints focus high knees good technique downhill.

Session 2- 800m, 1000m, 1200m, 1000m, 800m 200m jog recovery.

Week commencing 10th April

Session 1- 5 x 1000m park 5k pace.

Session2- Fartlek 1 minute fast 50 sec recovery.

Week commencing 17th April

Session 1- 4 x 8 min 2 minutes recovery (park or track)

Session 2- Hills and steps 5 of each x 2 sets (Vernon Park).

Week commencing 24th April

Session 1- 4 x 8 min 2 minutes recovery (park or track)

Session 2- Hills and steps 5 of each x 2 sets (Vernon Park)

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