

# NORWICH ROADRUNNERS



January	18/02/20 Tues	20/02/20 Thurs	25/02/20 Tues	27/02/20 Thurs	03/03/20 Tues	05/03/20 Thurs	10/03/20 Tues	12/03/20 Thurs	17/03/20 Tues	19/03/20 Thurs	24/03/20 Tues	26/03/20 Thurs	31/03/20 Tues	02/04/20 Thurs	07/04/20 Tues	09/04/20 Thurs	14/04/20 Tues	16/04/20 Thurs
<b>GROUP A</b> <i>With</i> (34-41 minute 10k) <i>session</i>	Ray warm up 1 mile 3 x 1.5 mile effort 3 min recovery cool down 6 miles overall	Mick HILLY COURSE	Paul Hill sesh local to club	Mick 2X6 MINS, 2X10 MINS, 2X 6MINS 3MINS RECOVERY BETWEEN EACH		MICK LEG SPEED 6 X UP & DOWN ST WILLIAMS WAY, ON 6 MINS		Mick 5,4,3,MINS, 2MINS R, 5 X 1MIN, 1 MIN R		Mick HILLY COURSE		Mick 10 X 3.30 MINS, 1.30 MINS RECOVERY		Mick 3 X 1 MIN, 1 MIN R, 5 X 6 MINS, 2 MINS R, 3 X 1 MIN 1 MIN R		Mick hilly course		Mick 6 X 1 MIN, 6 X 2 MIN, 6 X 3 MIN, SO 6 SETS OF EACH 1 MIN RECOVERY
<b>GROUP B</b> <i>With</i> (41-49 MIN. 10K) <i>On</i> <i>session</i>	Alan, Glyn, Steph Road 7. Kenyan hills (200 up / 200 down ) to match above 400 metre times with recovery	Group based pacing using route published on website	Chris, Aston Jo K Field 8. 800 metres times 6	Group based pacing using route published on website	Nick, Mark, Liam Road 9)5 times 1k ( record times ) compare to week 1- 1k loop (Stava- Kendalls backdoor segment!)	Group based pacing using route published on website-	Julz, Victoria, Dave T Field 10)400 metres with rolling 100 metre sprints. Times eight	Group based pacing using route published on website-	Rachel, Aston, Penny Road 11) 3 times 1 mile ( record times )	Group based pacing using route published on website	Alan, John, Gary Field 12)600 metres with rolling 200 increase pace.	Group based pacing using route published on website	Chris, Mark, Jo K Field 13)hills up	Group based pacing using route published on website	Jess, Glyn, Jonathon Field 14)reverse pyramid 4321 1234	Group based pacing using route published on website	Rachel, Nick, Aston Field 15)200 metres times 10/ 300 metres times 8	Group based pacing using route published on website
<b>GROUP C1</b> <i>With</i> (50 to 56min. 10K) <i>On</i> <i>session</i>	Loren, Rob, Anne, Field Intervals – Max Velocity Session: 3 x 100m, 3 x 150m, 3 x 100m all off 2- mins recovery, 4 min easy jog between sets.	Group based pacing using route published on website	Loren, Rob, Anne, Joe W Road Hill Repeats – 3 x 10 min continuous at 10km off 4 mins recovery	Group based pacing using route published on website	Loren, Rob, Anne, Field Strength – Drills and exercises to focus on agility, balance, coordination development and running power.	Group based pacing using route published on website	Loren, Rob, Anne, Joe W Road Fartlek - 20 mins out at 10km pace, fartlek back with 1:1 lamppost ratio	Group based pacing using route published on website	Loren, Rob, Anne, Field Intervals – V02 Max session: 4 x 1200m all off 4 min recovery	Group based pacing using route published on website	Loren, Rob, Anne, Road Hill Repeats – 6 X 5 min (150m up at 5kmp/ 150m down easy)	Group based pacing using route published on website	Loren, Rob, Anne, Field Strength – Drills and exercises to build strength and power with some short and long efforts for good measure.	Group based pacing using route published on website	Loren, Rob, Anne, Joe W Road 800m TT – progressive 4 x 800m timing last rep to benchmark progress.	Group based pacing using route published on website	Loren, Rob, Anne, Field tbc	Group based pacing using route published on website
<b>GROUP C2</b> <i>With</i> (57+MIN. 10K) <i>On</i> <i>session</i>	Tony, Paul, Nicky Field Intervals - Max Velocity Session: 2 x 100m, 2 x 150m, 2 x 100m all off 3- mins recovery, 4 min easy jog between sets.	Group based pacing using route published on website	Tony, Paul, Nicky, Penny E Road Fartlek – 20 mins out at 10km pace, fartlek back with 1:1 lamppost ratio.	Group based pacing using route published on website	Tony, Paul, Nicky Field Strength - Drills and exercises to focus on agility, balance, coordination development and running power	Group based pacing using route published on website	Tony, Paul, Nicky, Glyn Road Hill Repeats – 3 x 8 mins continuous at 10km off 4 mins recovery	Group based pacing using route published on website	Tony, Paul, Nicky Field Intervals – V02 Max session: 3 x 1200m all off 5 min recovery	Group based pacing using route published on website	Tony, Paul, Nicky, Steah Road 800m TT – progressive 4 x 800m timing last rep to benchmark progress.	Group based pacing using route published on website	Tony, Paul, Nicky Field Strength – Drills and exercises to build strength and power with some short and long efforts for good measure.	Group based pacing using route published on website	Tony, Paul, Nicky Road Hill Repeats - 6 X 4 min (150m up at 5kmp/ 150m down easy). All off 2 mins recovery	Group based pacing using route published on website	Tony, Paul, Nicky Field tbc	Group based pacing using route published on website