

Halstead Road Runners

Training Schedule October to December 2017



HALSTEAD ROAD RUNNERS

Home of the Halstead & Essex Marathon

Date	04 October 2017	11 October 2017	18 October 2017	25 October 2017	01 November 2017	08 November 2017	15 November 2017
Session	Kenyan Hills	Meet & Retreat	Pyramids	Horwill Reps	Sprint Finish	Hill Sprints	Fartlek
Description	Threshold Hill Session - Effort Up and Recovery Down at same pace for 10 mins. 3 min recovery. Repeat. (23mins)	Pairs of mixed ability. Run in opposite directions at effort. Meet and run back to base at effort. Active recovery for 1 min. Repeat. (20 Mins)	S-M-L-L-M-S Laps of Bluebridge with small lap recoveries between each	10k Endurance Session - Run 400m at 5k pace then 400m at Marathon Pace. Repeat for 25 laps.	Speed Session - Laps of Bluebridge L-L-L-M-M-S - Large Laps @ Half Marathon Pace, Medium Laps @ 10k Pace, Small Lap @ Sprint. Small Lap Recoveries between each.	Run up to top of hill at effort, recover down. Run up halfway, recover down (x10)	Run anti-clockwise around Bluebridge large loop. Counting lamposts on left. Run at effort for 2 lamposts. Recover for 1. (20 mins)
Easier Alternative	Timed - Not Required	Timed - Not Required	Drop one of the large laps	Finish when fastest runner finishes	Drop one of the Large Laps	Finish when fastest runner finishes	Timed - Not Required
Location	Balls Chase	Bluebridge	Bluebridge	Braintree Track	Bluebridge	Dooley Road	Bluebridge

Date	22 November 2017	29 November 2017	06 December 2017	13 December 2017	20 December 2017	27 December 2017
Session	Continuous Relays	Snell Reps	Short Hills with Loops	Jack & Jill	Parloff Relay	Yasso 800's
Description	Pairs of similar ability. One runs a loop at effort while the other recovers. Swap and repeat (x10)	Run clockwise, alternating 400m/200m at 5k pace with 200m recoveries for 10 mins. 3 min recovery. Repeat anti clockwise. (23 mins)	10 Short hill sprints with downhill recoveries followed by a full loop of bluebridge at 70-80% effort (threshold pace) (x3)	Pairs of similar ability. Run in opposite directions at effort for 100m. Turn and recover back. When you pass, start effort again. Repeat. (20 mins)	Using 400m Track. Pairs of similar ability. Starting opposite sides of track. Partner 'A' runs to meet partner 'B'. 'A' then runs at effort while 'B' recovers across infield to meet 'A' again. Repeat. (20 Mins)	Endurance Session - 2 Lap Efforts with Small Loop Recoveries (x8)
Easier Alternative	Finish when fastest runner finishes	Timed - Not Required	Replace large loop for medium loop	Timed - Not Required	Timed - Not Required	Reduce repetitions to 6
Location	Broton Estate	Braintree Track	Bluebridge	Bluebridge	Braintree Track	Bluebridge