

# Halstead Road Runners

Training Schedule January-March 2018



**HALSTEAD ROAD RUNNERS**

*Home of the Halstead & Essex Marathon*

Date	03 January 2018	10 January 2018	17 January 2018	24 January 2018	31 January 2018	07 February 2018	14 February 2018
Session	Meet & Retreat	Hill Sprints	Sprint Finish	Horwill Reps	Pyramids	Kenyan Hills	Speed Dating
Description	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)	Run up to top of hill at effort, recover down. Run up halfway, recover down (x10)	Speed Session - Laps of Bluebridge L-L-L-L-M-M-M-S-S Large Laps @ Marathon Pace, Medium Laps @ 5k Pace, Small Lap @ Sprint. Small Lap Recoveries between each.	10k Endurance Session - Run 800m at 5k pace then 800m at Marathon Pace. Repeat for 12 laps.	Run efforts for 200m,400m,800m, 1600m,800m,400m, 200m with 200m Recoveries between each	Threshold Hill Session - Effort Up, Recovery Down at same pace followed by recovery loop. Repeat for 25 mins.	Valantine Day Special with Charlotte May
Easier Alternative	Timed - Not Required	Finish when fastest runner finishes	Drop one of the Large Laps	Finish when fastest runner finishes	Skip 1600m Effort	Timed - Not Required	Timed - Not Required
Location	Bluebridge	Dooley Road	Bluebridge	Bluebridge	Braintree Track	Balls Chase	Bluebridge

Date	21 February 2018	28 February 2018	07 March 2018	14 March 2018	21 March 2018	28 March 2018
Session	Continuous Relays	Snell Reps	Short Hills with Loops	Fartlek	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 follwed by a full loop of bluebridge at 70-80% effort (threshold pace) (x3)	Run anti-clockwise around Bluebridge large loop. Counting lamposts on left. Run at effort for 2 lamposts. Recover for 1. (20 mins)	Using the medium loop of Bluebridge. Pairs of similar ability. Starting opposite sides of loop. 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 - 800m Efforts with 400m 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	Bluebridge	Braintree Track