

# Halstead Road Runners

Training Schedule April - June 2018



**HALSTEAD ROAD RUNNERS**  
Home of the Halstead & Essex Marathon

Date	11 April 2018	18 April 2018	25 April 2018	02 May 2018	09 May 2018	16 May 2018	23 May 2018
Session	Fartlek	800s/600s	Continuous Relays	Pyramids	Hill Sprints	Summer Series	Kenyan Hills
Description	Run anti-clockwise around Bluebridge large loop. Counting lamposts on left. Run at effort for 2 lamposts. Recover for 1. (20 mins)	Alternate Large and Medium Loops of Bluebridge at effort pace with a small lap recovery between each. (20 mins)	Pair with a runner of similar ability. Run at effort for 200m while your partner stands and recovers, swap and repeat. (20 mins)	Run efforts for 200m,400m,800m,1600m,800m,400m, 200m with 200m Recoveries between each	Run to top of hill at effort, recover down. Run up halfway, recover down (x10)	Summer Handicap Series	Threshold Hill Session - Effort Up and Recovery Down at same pace (x2). 3 min recovery. Repeat. (23mins)
Easier Alternative	Timed - Not Required	Timed - Not Required	Timed - Not Required	Skip 1600m Effort	Finish when fastest runner finishes	Timed - Not Required	Shorter Hill
Location	Bluebridge	Bluebridge	Broton Estate	Braintree Track	Star Stile	TBC	Langley Mill

Date	30 May 2018	06 June 2018	13 June 2018	20 June 2018	27 June 2018
Session	Summer Series	Progression Intervals	Summer Series	Fartlek	Summer Series
Description	Summer Handicap Series	HM Pace for 200m, 5k Pace for 200m, Sprint for 100m. Recover to Start and Repeat. (20mins)	Summer Handicap Series	Alternate effort and recovery on marked out Cangle loop	Summer Handicap Series
Easier Alternative	Timed - Not Required	Timed - Not Required	Timed - Not Required	No Alternative	Timed - Not Required
Location	TBC	Star Stile	TBC	Cangle Loop	TBC