



LRC A Group Winter Schedule - Up to Christmas 2019				
Week Commencing	Monday	Wednesday	Saturday	Sunday
23/09/2019	King Eddies 6:45pm, 6 mile steady Run 7:00 pace	Kenyan Hills Fosseway	Hopwas - Ryknild street car park 9am 10mile run	King Eddies 8am, 9 - 13 mile run at between 7:15 - 7:40 pace - No one gets left behind! Route will be decided on day
30/09/2019	King Eddies 6:45pm, Run as a group until Netherstowe, then Tempo until Bowling green. Faster runners double back whilst slower runners catchup, steady run back to King Eddies to finish	Hills Dimbles loop	Hopwas - Ryknild street car park 9am 10mile run	King Eddies 8am, 9 - 13 mile run at between 7:15 - 7:40 pace - No one gets left behind! Route will be decided on day
07/10/2019	King Eddies 6:45pm, Run as a group until Netherstowe, then Tempo until Bowling green. Faster runners double back whilst slower runners catchup, steady run back to King Eddies to finish	Track - Meet at Sutton track for 7:15pm	Hopwas - Ryknild street car park 9am 10mile run	Shelton 10km
14/10/2019	King Eddies 6:45pm, 6 mile steady Run 7:00 pace	5k Time Trial	Hopwas - Ryknild street car park 9am 10mile run	XC #1 Anslow
21/10/2019	King Eddies 6:45pm, Run as a group until Netherstowe, then Tempo until Bowling green. Faster runners double back whilst slower runners catchup, steady run back to King Eddies to finish	Broken Reps Cricket Lane	Hopwas - Ryknild street car park 9am 10mile run	King Eddies 8am, 9 - 13 mile run at between 7:15 - 7:40 pace - No one gets left behind! Route will be decided on day
28/10/2019	King Eddies 6:45pm, Run as a group until Netherstowe, then Tempo until Bowling green. Faster runners double back whilst slower runners catchup, steady run back to King Eddies to finish	Fartlek Session "last man shouts go" Or Steady Run	Hopwas - Ryknild street car park 9am 10mile run	Flying Fox
04/11/2019	King Eddies 6:45pm, 6 mile steady Run 7:00 pace	Kenyan Hills Fosseway	Hopwas - Ryknild street car park 9am 10mile run	King Eddies 8am, 9 - 13 mile run at between 7:15 - 7:40 pace - No one gets left behind! Route will be decided on day
11/11/2019	King Eddies 6:45pm, 6 mile steady Run 7:00 pace	Track - Meet at Sutton track for 7:15pm	Hopwas - Ryknild street car park 9am 10mile run	King Eddies 8am, 9 - 13 mile run at between 7:15 - 7:40 pace - No one gets left behind! Route will be decided on day
18/11/2019	King Eddies 6:45pm, Run as a group until Netherstowe, then Tempo until Bowling green. Faster runners double back whilst slower runners catchup, steady run back to King Eddies to finish	5k Time Trial	Hopwas - Ryknild street car park 9am 10mile run	XC #2 Cliff Lakes
25/11/2019	King Eddies 6:45pm, Run as a group until Netherstowe, then Tempo until Bowling green. Faster runners double back whilst slower runners catchup, steady run back to King Eddies to finish	Hills Dimbles loop	Hopwas - Ryknild street car park 9am 10mile run	King Eddies 8am, 9 - 13 mile run at between 7:15 - 7:40 pace - No one gets left behind! Route will be decided on day
02/12/2019	King Eddies 6:45pm, Run as a group until Netherstowe, then Tempo until Bowling green. Faster runners double back whilst slower runners catchup, steady run back to King Eddies to finish	Pyramids Cathedral View	Hopwas - Ryknild street car park 9am 10mile run	King Eddies 8am, 9 - 13 mile run at between 7:15 - 7:40 pace - No one gets left behind! Route will be decided on day
09/12/2019	King Eddies 6:45pm, Run as a group until Netherstowe, then Tempo until Bowling green. Faster runners double back whilst slower runners catchup, steady run back to King Eddies to finish	Track - Meet at Sutton track for 7:15pm	Hopwas - Ryknild street car park 9am 10mile run	XC #3 Shipley Park
16/12/2019	King Eddies 6:45pm, Run as a group until Netherstowe, then Tempo until Bowling green. Faster runners double back whilst slower runners catchup, steady run back to King Eddies to finish	Broken Reps Cricket Lane - 7PM start with a Christmas pint to finish	Hopwas - Ryknild street car park 9am 10mile run	King Eddies 8am, 9 - 13 mile run at between 7:15 - 7:40 pace - No one gets left behind! Route will be decided on day
23/12/2019	King Eddies 6:45pm, 6 mile steady Run 7:00 pace	Christmas day so no formal Wednesday Run	Hopwas - Ryknild street car park 9am 10mile run	King Eddies 8am, 9 - 13 mile run at between 7:15 - 7:40 pace - No one gets left behind! Route will be decided on day
30/12/2019	King Eddies 6:45pm, 6 mile steady Run 7:00 pace	800s Sainte Foy Avenue	Hopwas - Ryknild street car park 9am 10mile run	King Eddies 8am, 9 - 13 mile run at between 7:15 - 7:40 pace - No one gets left behind! Route will be decided on day



LRC A Group Winter Definitions

<p>Mile Reps Chesterfield Loop</p>	<p>The speed at which the miles are run will depend largely on your past training and your present goals but for many, the distance represents a perfect choice to practice race pace. In doing so, mile repeats improve running economy, lactate threshold and help you become more comfortable running at a hard pace.</p>	<p>Meet at Saxon Hill 7:20pm for a 7:30 start - 1 or 2m W/U followed by 4 x 1 mile reps with 90s recovery with a 1 or 2 mile W/D to finish</p>	<p>Suitable for faster runners only</p>
<p>800s Sainte Foy Avenue</p>	<p>The premise of what speed to run these at is simple: Take your goal marathon time and then run that for 800 meters—use minutes and seconds rather than hours and minutes. For example, if you're trying to run a 4:15 marathon, your Yassoo 800m goal time is 4 minutes and 15 seconds. The same holds true for faster runners. If your marathon goal is 3 hours, your Yassoo 800m goal time is 3 minutes.</p>	<p>Meet at Saxon Hill 7:20pm for a 7:30 start - 1 or 2m W/U followed by 4 x 800m of 1min, 2 min recovery and 4 x 800m of 1 min with a 1 or 2 mile W/D to finish</p>	<p>suitable for faster b group runners if your ready for a harder session</p>
<p>Kenyan Hills Fosseway</p>	<p>What's crucial is that the hills are attacked with gusto and the flat sections are maintained at a hard pace. The downhill section is where you don't slow done but should feel easy to allow you to recovery. Har running should be at 90% They are great for getting used to continual change of pace.</p>	<p>Meet at Saxon Hill 7:20pm for a 7:30 start - 1 or 2m W/U followed by 45s out 45s back x 6 continuous 3 mins recoverers and with 45s out 45s back x 6 continuous with a 1 or 2 mile W/D to finish</p>	<p>Suitable for faster b group runner or if you are coming back from injury</p>
<p>Pyramids Cathedral View</p>	<p>The main idea of this workout is to slowly increase speed over differing distances - these runs should be run at 5k pace or 90% with half the time running as recovery.</p>	<p>Meet at Saxon Hill 7:20pm for a 7:30 start - 1 or 2m W/U followed (1min, 30s off, 2min, 1 min off, 3mins, 90s off, 3mins, 90s off, 2mins, 1 min off, 1 min 30s off) 2 mins off and repeat with a 1 or 2 mile W/D to finish (during half and marathon season we will go to 4 and back down)</p>	<p>Suitable for faster b group runner or if you are coming back from injury</p>
<p>400m Birch Avenue</p>	<p>The premise of what speed to run these at is simple: Find your fastest mile and divide by 4 and this is the time/pace you should be aiming to run the 400m reps at.</p>	<p>Meet at Saxon Hill 7:20pm for a 7:30 start - 1 or 2m W/U followed 12 x 400s with a 1 or 2 mile W/D to finish. Occasionally this session will be healed at Sutton Track - this will be decided on a case by case basis.</p>	<p>Suitable for faster b group runner or if you are coming back from injury</p>
<p>Downhills Darnford Lane</p>	<p>Practising downhill prepares your body to handle the eccentric muscle contractions it demands from the quads, improving your performance on hilly courses. These sessions are not about speed, they are purely about running form and technical ability</p>	<p>Meet at Saxon Hill 7:20pm for a 7:30 start - 1 or 2m W/U followed by 6 x Darnford Hill down hill reps, sprinting down the hill with active recovery back up with a 1 or 2 mile W/D to finish</p>	<p>Suitable for faster b group runner or if you are coming back from injury</p>
<p>Broken Reps Cricket Lane</p>	<p>Similar to mile reps you should be aiming for a couple of seconds faster than your typical mile rep time. Your mile rep time will largely depend on your past training and your present goals but for many, the distance represents a perfect choice to practice race pace. In doing so, broken reps helps to improve running economy, lactate threshold gives you that burst of speed but ensures you are able to recover before going again so help to speed up those recovery times.</p>	<p>Meet at Saxon Hill 7:20pm for a 7:30 start - 1 or 2m W/U jogging to London Road/Long Bridge Road., followed by the following session: 1km off 40s, 400 off 1 min x 3 3 mins rest 1km off 40s, 400 off 1 min x 3 Recovery back to Saxon hill 1 or 2 mile W/D *1km i a full loop, 400 is long bridge road to the corner of cricket road</p>	<p>suitable for faster b group runners if your ready for a harder session</p>
<p>Track - Meet at Sutton Track for 7:15pm</p>	<p>The premise of what speed to run these at is simple: Find your fastest mile and divide by 4 and this is the time/pace you should be aiming to run the 400m reps at making sure you get progressive faster.</p>	<p>Meet trackside at Sutton Coldfield track, Wyndley leisure centre for 7:15pm. Start by walking and gentle start jogging for at least 2miles followed by some dynamic stretches. 12 x 400s or 6 x 800s with a recovery of 90 second. To cool down gentle jog for 2 miles followed by some dynamic stretches.</p>	<p>Suitable for any club member to attend</p>
<p>Hills - Dimbles loop</p>	<p>Bring all that uphill and downhill training together with this long loop. Similar to Kenyan Hills, what's crucial is that the hills are attacked with gusto and the flat sections are maintained at a hard pace. The downhill section is where you don't slow done but should feel easy to allow you to recovery. Hard running should be at 90% They are great for getting used to continual change of pace.</p>	<p>Meet at Saxon Hill 7:20pm for a 7:30 start - 1 or 2m W/U jogging down to the bottom of dimples hill. 6 x Dimbles hill loop (up to the top right and back to the start) jogging down Curborough road and regrouping 60s off x 4 (6 closer to half and marathon training) 1 or 2 mile W/D to finish</p>	<p>suitable for faster b group runners if your ready for a harder session</p>