



LRC A Group Summer Schedule Page				
Week Commencing	Monday	Wednesday	Saturday	Sunday
27/05/2019	6.5m Tempo 6:45 Morrison'scar park to leave for 6:50 "Abnals Route"	Uphill's Darnford	Hopwas - Ryknlyd street car park 9am 10milerun	King Eddies 8am 9 - 13 mile run - route decided on day
03/06/2019	6.5m Tempo 6:45 Morrison'scar park to leave for 6:50 "Abnals Route"	400ms Beacon park (grass)	Hopwas - Ryknlyd street car park 9am 10milerun	Aldridge 10km
10/06/2019	6.5m Tempo 6:45 Morrison'scar park to leave for 6:50 "Abnals Route"	Showground Relays	Hopwas - Ryknlyd street car park 9am 10milerun	King Eddies 8am 9 - 13 mile run - route decided on day
17/06/2019	6.5m Tempo 6:45 Morrison'scar park to leave for 6:50 "Abnals Route"	5 Mile time Trial	Hopwas - Ryknlyd street car park 9am 10milerun	King Eddies 8am 9 - 13 mile run - route decided on day
24/06/2019	6.5m Tempo 6:45 Morrison'scar park to leave for 6:50 "Abnals Route"	Pryamids St Foy Avenue	Hopwas - Ryknlyd street car park 9am 10milerun	King Eddies 8am 9 - 13 mile run - route decided on day
01/07/2019	6.5m Tempo 6:45 Morrison'scar park to leave for 6:50 "Abnals Route"	Downhills Darnford	Hopwas - Ryknlyd street car park 9am 10milerun	King Eddies 8am 9 - 13 mile run - route decided on day
08/07/2019	6.5m Tempo 6:45 Morrison'scar park to leave for 6:50 "Abnals Route"	Uphills Grange lane or if small number drive to concrete hill	Hopwas - Ryknlyd street car park 9am 10milerun	King Eddies 8am 9 - 13 mile run - route decided on day
15/07/2019	6.5m Tempo 6:45 Morrison'scar park to leave for 6:50 "Abnals Route"	5M Time Trial	Hopwas - Ryknlyd street car park 9am 10milerun	King Eddies 8am 9 - 13 mile run - route decided on day
22/07/2019	6.5m Tempo 6:45 Morrison'scar park to leave for 6:50 "Abnals Route"	Staffs Knott	Hopwas - Ryknlyd street car park 9am 10milerun	King Eddies 8am 9 - 13 mile run - route decided on day
29/07/2019	6.5m Tempo 6:45 Morrison'scar park to leave for 6:50 "Abnals Route"	Farklek	Hopwas - Ryknlyd street car park 9am 10milerun	King Eddies 8am 9 - 13 mile run - route decided on day
05/08/2019	6.5m Tempo 6:45 Morrison'scar park to leave for 6:50 "Abnals Route"	400ms Beacon Park (Grass)	Hopwas - Ryknlyd street car park 9am 10milerun	Burton 10km TBC
12/08/2019	6.5m Tempo 6:45 Morrison'scar park to leave for 6:50 "Abnals Route"	Pryamids St Foy Avenue	Hopwas - Ryknlyd street car park 9am 10milerun	King Eddies 8am 9 - 13 mile run - route decided on day
19/08/2019	6.5m Tempo 6:45 Morrison'scar park to leave for 6:50 "Abnals Route"	5 Mile Time Trial	Hopwas - Ryknlyd street car park 9am 10milerun	King Eddies 8am 9 - 13 mile run - route decided on day
26/08/2019	6.5m Tempo 6:45 Morrison'scar park to leave for 6:50 "Abnals Route"	Kenyan Hills Heart of England Way	Hopwas - Ryknlyd street car park 9am 10milerun	King Eddies 8am 9 - 13 mile run - route decided on day
02/09/2019	6.5m Tempo 6:45 Morrison'sCar park "Winter Route"	800s Beacon Park (Round Tennis Courts)	Hopwas - Ryknlyd street car park 9am 10milerun	Marshal at Lichfield 10km
09/09/2019	6.5m Tempo 6:45 Morrison'sCar park "Winter Route"	Mile Reps Beacon Park	Hopwas - Ryknlyd street car park 9am 10milerun	King Eddies 8am 9 - 13 mile run - route decided on day
16/09/2019	6.5m Tempo 6:45 Morrison'sCar park "Winter Route"	5k Time Trial	Hopwas - Ryknlyd street car park 9am 10milerun	King Eddies 8am 9 - 13 mile run - route decided on day
23/09/2019	6.5m Tempo 6:45 Morrison'sCar park "Winter Route"	Kenyan Hills Fosseyway	Hopwas - Ryknlyd street car park 9am 10milerun	King Eddies 8am 9 - 13 mile run - route decided on day
30/09/2019	6.5m Tempo 6:45 Morrison'sCar park "Winter Route"	Uphill's Darnford	Hopwas - Ryknlyd street car park 9am 10milerun	Shelton 10km TBC



LRC A Group Summer Schedule Definitions

Session	Purpose and Aim	Session Plan
Mile Reps Beacon Park	The speed at which the miles are run will depend largely on your past training and your current fitness position. The distance represents a perfect choice to practice race pace. In doing so, mile repeats should improve running economy, lactate threshold and help you become more comfortable running at a hard pace.	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 Aim to start slow and build up the pace
800s Sainte Foy Avenue	The premise of this session is to build you top end speed and work within your lactate zone. What speed you 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 Yasso 800m goal time is 4 minutes and 15 seconds. The same holds true for faster runners. If your marathon goal is 3 hours, your Yasso 800m goal time is 3 minutes.	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
Kenyan Hills Heart of England Way	Build strength and condition your muscles to those 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 down but should feel easy to allow you to recover. Hard running should be at 90% of your max. These sessions are great for getting used to continual change of pace and gradient.	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 recovers and with 45s out 45s back x 6 continuous with a 1 or 2 mile W/D to finish
Pyramid's Cathedral View	The main idea of this workout is to slowly increase speed over differing distances - these runs should be run at 5k pace to aid the improvement of your lactate threshold - half the time you spend running should be used as recovery.	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)
400ms Darnford Park or Beacon Park	This session is what it says on the tin it's a 400m sprint session. The aim of the game is to run as hard as possible but maintain this pace for all of them, i.e. your last rep should be identical pace to your first but you should be in your lactate zone. 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.	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 held at Sutton Track - this will be decided on a case by case basis. Remember don't go off hard on rep 1.
Downhills Darnford Lane	Practising downhills 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	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
Fartlek	Fartlek means "speed play" in Swedish, this is a continuous training session with interval training built in. Fartlek runs are a very simple form of a long distance run usually 6 miles or more. Fartlek training "is simply defined as periods of fast running intermixed with periods of slower running." The emphasis of this session is to keep the slow running "slow" aiming for 7:45 - 8:00 pace with fast interval session at 90% - Remember to re-group.	Meet at Saxon Hill 7:20pm for a 7:30 start - Run out on a route decided on the evening, the designated leader will shout an interval at which everyone should run to Remember to re-group on the recoveries