



## Sherfield Park Runners Tuesday Night Training Schedule Oct to Dec 2019

Date / Time	Session (see Description)	Lead	Notes
Tue 1st Oct - 19:30	Ever Decreasing Circles	Ben Eason	
Tue 8th Oct - 19:30	Pyramids	Karen Hodkin	
Tue 15th Oct - 19:30	Mile Intervals	Adrian Livingstone	
Tue 22nd Oct - 19:30	Fartlek Training	James Shanley	
Tue 29th Oct - 19:30	Time Intervals	Ian Hancey	
Tue 5th Nov - 19:30	25/25 Out & Back	Karen Hodkin	
Tue 12th Nov - 19:30	Mile Intervals	Ian Rogan	
Tue 19th Nov - 19:30	Fartlek Training	Ian Hancey	
Tue 26th Nov - 19:30	Meet & Retreat	Kevin Bye & Hester Watson	
Tue 3rd Dec - 19:30	Pyramids	Karen Hodkin	
Tue 10th Dec - 19:30	5k 'Sparkrun'	Nick Mison	
Tue 17th Dec - 19:30	Ever Decreasing Circles	Ben Eason	

On **Tuesdays** we run structured training sessions aimed at building strength, control over your running and increasing speed & fitness. An overview of each session is provided in the table below.

**Thursdays** is 'Laps For All' with an element of the Tuesday style training via 'optional extras'. We run in our different pace groups clocking up valuable miles in the legs, around our 'Home Lap' in Sherfield Park. We also have a parallel group run by club members who set up runs of 4-6 miles, away from the development, offering choice and variety.

**Both Tuesday and Thursday sessions start at 7.30pm.** We ask runners to arrive at the Sherfield Park Community Centre at 7.20pm for their personal warm-up exercises and listen to any Club Notices.

## Session Description:

Session	Description
Mile Intervals	1 mile intervals with a 200m recovery in between each one.  Warm up mile before the start and suggested 3-5 repeats
Ever Decreasing Circles	Effort Session – 1 lap warm up followed by 3 groups split up: <ol style="list-style-type: none"> <li>1. 1.1 mile</li> <li>2. 1.3 mile</li> <li>3. 1.5 mile</li> </ol> Aim of the session is to complete 2-4 laps at group pace with the target of achieving negative splits (each lap quicker than the previous)
Time Intervals	Warm up and warm down laps  Effort Session – 4 x 4 minutes, 4 x 2 minutes and 4 x 1 minute repeats
Hill Training	Effort Session – 1 lap warm up (this may vary depending which hill group that you are in) as the warm up may be the distance to the hill.  8-16 hill repeats up with an optional downhill ski(!) Warm down lap to finish
Fartlek Training	Effort Session – 1 lap warm up followed by pace release  2-4 laps of 1.3 mile course with 3 distance releases of 100% effort expenditure on each lap
Handicap Pairs	Effort Session – 1 lap warm up followed by pairing with like paced runner.  2-4 laps of 1.3 mile course with pairs released at timed gaps (between 30-60 seconds.) Stretch target: hold your position as long as possible and catch the pairs in front
5k 'Sparkrun'	Our quarterly 5k time-trial around the Sherfield Park development
Magic Mile	Come and run the classic middle distance event - flat out - at a gut-busting pace. Shades of Coe, Cram & Ovett...!
Thursday Home Laps	Come along and meet friends for 1.1 mile home laps.  Run as many laps as you like. 1, 2 or 3 are the popular choices. The session will be swept and lead.
Thursday Ad-hoc Longer Run	The ad-hoc longer runs may well take people off Sherfield Park and is for those feeling a little braver. It will be run as a group but will vary from week-to-week and will vary on group size and ability.
Kenyan Hills	Continuous running up and down a hill at a solid steady pace for a defined duration. Unlike hill sprints where once at the top of the ascent you would jog back down while recovering (and gulping for air), with Kenyan hill running you turn immediately at the top and run back down the hill at a consistent pace. For example, if it takes two minutes running up the hill it should take two minutes running back down; you'll need to push on the ascent and relax and lengthen your stride for the descent.