

Masters Group Endurance Training – February 2019 (by Alan Newman) – as at 01/02/19

Here is the Masters Group specific training plan for February 2019...

Date	Session/Location	Details	Lead Coach
05/02/19 Tuesday	Mile reps at Brookmead. Warm up, 4 x mile / 3 mins recovery. Alternate direction on each rep.	Slower runners warm up direct / faster can go longer via Stacey Rd/Hilden Park Rd.	Pete Brenchley
07/02/19 Thursday	“Kenyan hills” on Oast Lane. Continuous hills for 25mins. Stride up, coast down, no rest.	Warm up via London Road, Stacey Road, Hilden Park Rd. <i>(Kent XC League, Norman Park, 09/02; SCVAC Indoors, 10/02)</i>	Alan Newman
12/02/19 Tuesday	Tempo / pace judgement run. Out for 15 mins; back for 15 mins on Bordyke / A26 Hadlow Road.	Warm up to start. All runners must time their own 15 mins. Everyone finishes together if pace judgement is good.	Pete Brenchley
14/02/19 Thursday	Track endurance session. 5 x 1000m, with 200m walk / jog recovery. Alternative 4 x 1000m.	Warm up / down at track. <i>(SoE Indoors, Lee Valley, 17/02)</i>	Alan Newman
19/02/19 Tuesday	600m / 1200m reps at Stacey Rd. 2 x 600m; 1 x 1200m; 2 x 600m pyramid with 2 min active rest.	Slower runners warm up direct / faster can go longer via Hilden Park Rd.	Pete Brenchley
21/02/19 Thursday	Endurance hills. 5 x 600m on Yardley Park Rd. Runs will be handicapped – all to run full 600m on final run only.	Warm up Dry Hill Park Road / Yardley Park Rd. Only fastest runner/s go the full distance. <i>(National XC, Leeds, 23/02)</i>	Alan Newman
26/02/19 Tuesday	Beat your parkrun Tempo run. Two laps anti-clockwise on Shipbourne Rd, Yardley Park Rd, A26, Ridgeway (approx 3mls).	Warm up to start. Time trial should equate approximately to 5k parkrun best times.	Pete Brenchley
28/02/19 Thursday	Track speed session. 200m reps x 12 or 15, with 200m jog recovery. Run in 3 sets with 4 mins between.	Warm up / down at track. Group 1 runs 6 x 200m; 5 x 200m; 4 x 200m. Group 2 runs 5 x 200m; 4 x 200m; 3 x 200m.	Alan Newman

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