

## **Masters Group Endurance Training – May 2019 – as at 01/05/19**

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

Date	Main Session/Location	Lighter Option / Other Details	Lead Coach
02/05/19 Thursday	5 x 1000m approx at Longmead Sportsfield. Min 3 min recovery. Alternate direction on each rep.	Option: 4 x 1000m - miss middle run, extra recovery. <b>NB: SCVAC League 03/05; Ted Pepper 10K 06/05</b>	Mark PK
07/05/19 Tuesday	No planned session. Fartlek on fields if not competing/helping.	<b>TAC Development Meeting (100m; 800m; 300m; LJ; HT)</b>	No coach available
09/05/19 Thursday	Multi-pace track session: 1200m; 2 x 800m; 3 x 400m --- 3 x 400m; 2 x 200m jog recoveries.	Options: 3 x 800m; 3 x 400m. Static recoveries for 3 x 2 min; 3 x 1 min. <b>NB: Darent Valley 10K 12/05; SCVAC League 13/05</b>	Alan Newman
14/05/19 Tuesday	Tonbridge parkrun start. Warm up on fields. 10 mins out; 10 mins back. Then 6-8 x 100m.	Out and back suits all levels.	Alan Newman
16/05/19 Thursday	Steady run. Route to be decided but should be on mixed terrain.	Plus extra drills / stretching. <b>NB: BMAF Road Relays 18/05</b>	Alan Newman
21/05/19 Tuesday	Warm up on fields. 4 x mile with minimum 4 mins recovery.	Options: 3 x mile or 2 x mile. Drop in and out to suit.	Alan Newman
23/06/19 Thursday	'Oxygen debt' session on track. 10 x (300m; 100m float; 100m) with 300m jog recovery.	Option: Minimum 6-8 sets. <b>NB: SCVAC Champs 25/05</b>	Alan Newman
28/05/19 Tuesday	Fartlek run at Barden Lake. Three laps fast with half lap recovery.	Option: One lap plus two half laps with half lap recovery.	Alan Newman
30/05/19 Thursday	'Double Peak' session on fields: 600m / 1200m / 600m / 1200m / 600m off 90 sec / 3 min recovery.	Option: 5 x 600m with extra recovery or add one 1200m (all runs start together). <b>NB: SCVAC League 31/05</b>	Alan Newman

**Published: 01/05/19 by Alan Newman**