

Walk Talk and Run Group

September to December 2022

- This Period up to Christmas is designed to improve endurance and different training zones
 - NEHL Cross Country events are a great way to improve your endurance and overall fitness, and are free to Harriers.
 - These sessions will be your hard weekly workouts. The remainder of the week should be easy running. A long run at an easy pace, at this time of year your long Run is the most important run of the week.
 - If you are unwell or injured take time out until recovered before attempting Harder workouts.
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- If you have any questions email me:

Andrewdippie59@gmail.com

Week Beginning	Monday 7:30pm	Thursday 6:30pm	Events
5th Sept	Meet & Greet session. The importance of warm up. Club House.	Track. Finding Different training zones	Park Runs
12th Sept	ALL SESSIONS WILL START FROM 6.45 p.m Grass Session Above KEVI. Meet In school car park.	Track session	Park Runs
19th Sept	Fartlex session meet at School car park.	Whorral Bank Roundabout. Jog from club to meet at 6.30 p.m at roundabout. Out and back session	NEHL X.C at Wrekenton 24.9.22
26th Sept	Fartlex session Meet at School car park	** Track 12 minute Time Trial	Park Runs

3rd Oct	Long Hills meet at Club session up Saint Leonard Lane	200m Track session x 15	NEHL X.C 9.10.22 Druridge Bay
10th Oct	Low Stobhill 8 x 1 Lap	Long Hills as 3.10.22	
17th Oct	Out and backs Whorral Bank	Track 2 x 2000m	
24th Oct	Out and backs Whorral Bank	Low Stobhill Fartlex session	NEHL X.C 29.10 Lambton Estate
31st Oct	Low Stobhill Fartlex session	Track 3 x 1 Mile	
29th Oct	Out and backs Whorral Bank	Low Stobhill Fartlex session	
7th Nov	Low Stobhill Fartlex session	Tempo Pegswood	
14th Nov	Fartlex session St George's Hospital	Track 12 minute Time Trial	
21st Nov	Tempo session St George's Hospital	Fartlex session Low Stobhill	NEHL 26.11 Ankle Heads
28th Nov	Long Hills meet at Club	Track 1 x 1200m 8 x 500m	
5th Dec	Hills	Fartlex session Low Stobhill	
12th Dec	Tempo session Hospital	Track technical session and wind sprints	
19th Dec	Hills	Tempo	
26th Dec	Boxing Day	Ashington community woods Hill session start 10 a.m	

KEY

****** = Hamish Away.

1/2K and tempo: 3 X approx 500m efforts then tempo. Route – Allery Bank to level crossing. 1st effort level crossing to Park House. Track to Guidepost road. 2nd effort to Hepscott Red House. Down to junction and hard left. 3rd effort to farm track on right. To Shadfen. **Short tempo** - Tempo Shadfen to Jewson's (1.4m). **Longer Tempo** - Shadfen to Whorral Bank via Bothal and Pegswood Bypass (2.6m).

2s and 1s: Kirkhill. 2:00 efforts with 1:00 recoveries then 1:00 efforts with 1:00 recoveries X 6

4s and 2s: Stobhill. 4:00 effort, 2:00 recovery, 2:00 effort, 2:00 recovery. 3 sets

9's: Lancaster Park. 9 min effort from the postbox anti-clockwise. First runner turns and jogs clockwise, picking up runner as they meet, until reaches the last person, then all proceed anti-clockwise to re-start effort at post-box. 3 reps

800s: Two circuits of low stobhill – 2 min recovery from when 1st runner completes circuits. 6-8 reps

Bypass: Warm up to bypass. Tempo to Whorrel bank. 3-4 min recovery. Tempo back to Fairmore. Cool down back to club (approx. 6 miles in total).

Hills: 10X 1:30 uphill back down in 2:00. From Mitford Church or Cottingwood lane.

Short Hills: Gladstone Street or Bankside. 10 x 10s hill sprints. 60-90s recoveries.

Surges: 4 min steady, 40s hard, 3 min recovery, 3 min steady, 60s hard, 3 min recovery, 2 min steady, 80s hard, 3 min recovery, 1 min steady, 100s hard. Route – Steads, first effort from left turn in Mitford.

Tempo: This will involve laps of either Stobhill or Lancaster Park, tailored to individuals. Mainly it will be either a tempo at a steady pace, or a progression run with increasing pace.

Track (5K): 1000m at 5K pace, 5X(400m, 100 recovery, 200m, 100m recovery – efforts faster than 5K pace), 1000m faster than first.

Track (200): 20 x 200m efforts with 200m jog recoveries.

Track (800S): 5 X 800m with 2-3 min recoveries: 1st 800m at 5K pace; 2nd 700m at 5K pace then 100m faster; 3rd 600m at 5K pace then 200m faster, 4th 500m at 5K pace then 300m faster, 5th 400m at 5K pace then 400m faster.

Track (1600): 1000m effort, then 2-4 X 1600m efforts, then 1000m. 2:30 to 1:30 recoveries.

Track (Pyramid): 200m, 400m, 600m, 800m, 1000m, 800m, 600m, 400m, 200m efforts with 200m jog recoveries.

Track (Speed): 3 sets of - 400m, 300m, 200m, 100m with 100m walk/jog recoveries. Extra 200m recovery between sets.