

Saturday Session – Speedwork, Flying 30's - 60 minutes total

Warm Up - 10 mins

Don't miss this bit out, I know it's dull but it's worth doing, and if you're in a park you'll make other people smile

400m or 2-3 minutes slow jog or fast walk

All stretches in this section are "dynamic" i.e. not held but fluid and where there are forward and back movement, always do forward first.

6 x shoulder circles forwards (up, forwards, down, back) then backwards, standing tall, with feet shoulder width apart.

12 x arm circles, forwards, then 12 x backwards, start small and get bigger.

12 x "front crawl" arms then 12 x "backstroke", feet shoulder width apart and stand tall

4 x side bends first to left - arms high, grab right arm with left hand and bend to the left)

repeat on other side - smoothly, no bouncing, no pausing.

4 leg swings on each leg, (feet shoulder width apart), each of: front to back, side to side

Half-squats, no pausing, no bouncing and smoothly. Stand tall with arms out in front, feet wider than shoulder width apart, feet and knees in the same direction (in the same plane),

back straight, eyes forward (not down). Squat, slowly, until thighs are at 45 degrees and then stand...repeat x 8

400m or 2-3 minutes slow jog.

Main Session part 1 - 10-15 minutes

Skills & Drills

This is the bit where I try to get you all to stop talking 😊

"out and backs" 15-20 meters out with a jog back:

1) High knees, concentrate on getting knees high rather than on speed, keep an eye on your arm position, as you move the opposite arm to your leg (if you do the same arm and leg this is a "thunderbirds puppet effect"- not good but funny to watch), the elbow angle should be 90 degrees, and your (relaxed hands) should go back straight and far enough that your little finger brushes your hip bone. Try not to let your arms cross in front of your body as this wastes energy (I do this more as I get more tired!)

2) Heel to bum, not quite back kicks, you're looking to get your knees not quite as high as with "high knees" but as you raise your leg, imagine a pencil sticking out from the inside of your ankle, you're trying to draw a line with it up the side of your other leg. Arms should be as above

3) half-speed sprint out

4) 3/4 speed sprint out

5) sprint out (3, 4 and 5, try to keep your arms as above)

6) Walking lunge - feet shoulder width apart, step right foot straight forward until knee is over ankle and back leg is approx parallel to the ground (use your arms as above, again), brief pause, then same with left leg. Two on each side and then do the same movement but going backwards (really!). Try not to fall over.

7) Springbok (skipping with exaggerated arm movement, or for the older runner, Morecambe and Wise singing "bring me sunshine")

Main Session part 2 - 25 minutes

"Flying 30's"

This is the simple bit...

Measure out about 30 meters (approx 20-25 paces depending how long your legs are, 25 for me!), mark it and another 30 meters and mark it and one more 30 meters. So you have 90 meters with a start point and an end point and two markers at 30 meters apart.

5 repeats, run 400-600 meters at the sort of pace you'd run a 10K race at, or a bit slower if you like. then you do the first "flying 30".

Flying 30: The first 30 meters is to accelerate up to a full sprint, the second 30 meters is the full sprint but if you find yourself slowing before the 30 meters end don't worry, just try to sprint as hard as you can for **up to** 30 meters, the last 30 meters is to decelerate, when you get to the

end, walk or very slow jog back to the start. Pause for 30-90s.... that's one repeat, you need to do five, if possible.

Cool Down - 10 minutes

Don't miss this bit out either - static stretches - hold for 20s

400 meters slow jog

- 1) Cross body shoulder stretch; Right arm in front then across body, below shoulder height, grab, with left arm, above elbow and pull towards chest. Repeat on other arm.
- 2) Calf stretch: Hands against wall, left leg forward, knee bent, right leg back with knee straight, heel flat on floor. Stretch in back of rear leg. Repeat on other leg.
- 3) Front of thigh (quads). Feet close together, pull foot up behind you and grab shoelaces on right leg. Keep front of body in a straight line. Standing leg slightly bent. Tall posture, stomach in. Repeat on other leg.
- 4) Inside of thigh (adductors), similar to light version of Warrior Two (if you do yoga). Feet wider than shoulder width apart, left foot points forward and leg straight, right foot at 90 degrees, knee over ankle, arms out at shoulder height, head towards right toes. Repeat on other leg.
- 5) Cross-over leg stretch, feet close together, left foot over right foot, legs straight if possible, bend from hips. Repeat on other leg.
- 6) Reach for the sky: On tiptoes, arms up high, fold to ground from heels, knees and hips. Repeat in slow and controlled way twice.

Relax

Make tea, eat cake

Saturday Session – Balance and Speed - 60 minutes total

Warm Up - 10 mins

Please don't go out and just run, take a few minutes to warm up first.

Some new, some as previous weeks:

- 400m or 2-3 minutes slow jog or very fast walk

All stretches in this section are "dynamic" i.e. not held but fluid and where there are forward and back movement, always do forward first.

- Figure of 8: Stand tall, looking forward with your chin level (not looking at the floor) and trace a figure of eight with your nose in the air. Start at the middle cross of the 8, and go left and upwards, repeat twice and then again but going right and upwards to start. The move should be slow, controlled and smooth.
- 6 x arm circles, forwards, then 6 x backwards, start small and get bigger.
- 4 x side bends first to left - arms high, grab right arm with left hand and bend to the left) repeat on other side - smoothly, no bouncing, no pausing.
- Hip Circles, feet shoulder width apart, hands on hips, circle for 20s, one way then the other
- Knee Circles feet closer than shoulder width apart, hands above knees, circle for 20s, one way then the other
- 6 x (don't know what this called), stand tall, reach up with both arms, and as you (actively) swing you arms down, crouch down at the same time, no stopping and do this quite fast to get your heart pumping
- 400m or 2-3 minutes slow jog.

Main Session part 1 - 10-15 minutes

Skills & Drills

Some the same as last week and some to improve mobility and balance

"out and backs" 15-20 meters out with a jog back:

- 1) Walking High knees, keep an eye on your arm position, as you move the opposite arm to your leg, the elbow angle should be 90 degrees, and your (relaxed hands) should go back straight and far enough that your little finger brushes your hip bone. Try not to let your arms cross in front of your body as this will cause you to twist.
- 2) Repeat above but this time raise your hands and hold them together above your head (this is to activate your core a bit more, it's a little bit more difficult)
- 3) Walk forwards on your toes for 10 paces, swap to walking on your heels for 10 paces.
- 4) Face the other way and walk backwards on your toes for 10 paces, swap to walking backwards on your heels for 10 paces.
- 5) Springbok
- 6) Half-speed sprint out
- 7) Sprint out (6 & 7, try to keep your arms as in #1)

Main Session part 2 – 5-10 minutes

Skills & Drills – coordination

- 1) Side-strides, 4 paces then change around and lead with the other leg. As you go, swing your arms across your body and up to shoulder height, you should be looking forward i.e. not in the direction you are going. But this is too easy so:
- 2) Side-strides, this time swinging your arms above shoulder height so your arms are a "V" shape, but this is still too easy so:
- 3) Side-strides, now swinging your arms even higher and clapping your hands (this looks great, not to you, but to anyone watching – from a suitable distance).
- 4) Grapevine, start with your feet shoulder width apart, and moving (walking) sideways to the right, take your left foot behind your right foot, move your right foot a side-stride and then bring your left foot in front of your right foot and same again for about 10m. Repeat this, going back towards where you started, but with right foot going behind then in front.
- 5) Try the Grapevine again but faster, i.e. run it!

- 6) Now you've mastered running it (probably), do it again but put your arms out level at shoulder height and try not to look at your feet – look forward (somebody will definitely be watching now and wondering what you doing).
- 7) Now you're doing it quicker and not looking at your feet, try clapping your hands above your head as you go (this bit is hard).

Main Session part 3 – 20-25 minutes

Simple Sprints

Find yourself a running loop that takes about 45-70s running at about your 10K pace (not your PB pace but how you feel you would run a 10K today on this surface).

- 1) Run the loop and time it to make sure you know what pace to run at. 20s break
- 2) Run it again but add in 1 x 5s sprint (use your arms as in the "high knees" drill) 20s break
- 3) Again with 2 x 5s sprints, 20s break
- 4) Now with 1 x 10s sprint, 20s break
- 5) Now with 2 x 10s sprints, 20s break
- 6) Now with 1 x 20s sprint, 20s break
- 7) Again with 2 x 10s sprint, 20s break
- 8) Again with 1 x 10s sprint, 20s break
- 9) Again with 2 x 5s sprint, 20s break
- 10) Again with 1 x 5s sprint, 20s break
- 11) Run the loop, 20s break
- 12) Slow run the loop

For all these, a "sprint" is just a change of pace, if a full-on sprint is too much, then reduce the speed, but it should be a clear difference from your "10K pace" of lap #1

Cool Down - 10 minutes

Same as last week but don't forget to do it - static stretches - hold for 20s

400 meters slow jog

- 1) Cross body shoulder stretch; Right arm in front then across body, below shoulder height, grab, with left arm, above elbow and pull towards chest. Repeat on other arm.
- 2) Calf stretch: Hands against wall, left leg forward, knee bent, right leg back with knee straight, heel flat on floor. Stretch in back of rear leg. Repeat on other leg.
- 3) Front of thigh (quads). Feet close together, pull foot up behind you and grab shoelaces on right leg. Keep front of body in a straight line. Standing leg slightly bent. Tall posture, stomach in. Repeat on other leg.
- 4) Inside of thigh (adductors), similar to light version of Warrior Two (if you do yoga). Feet wider than shoulder width apart, left foot points forward and leg straight, right foot at 90 degrees, knee over ankle, arms out at shoulder height, head towards right toes. Repeat on other leg.
- 5) Cross-over leg stretch, feet close together, left foot over right foot, legs straight if possible, hips facing forwards, bend from hips. Repeat on other leg.
- 6) Reach for the sky: On tiptoes, arms up high, fold to ground from heels, knees and hips. Repeat in slow and controlled way twice.

Relax

Drink beer, eat cake

Saturday Session – Hills- 60 minutes total

Warm Up - 10 mins

Really important, especially before hills

Most as previous weeks:

- 400m or 2-3 minutes slow jog or very fast walk

"Dynamic" stretches i.e. not held but fluid, where there are forward and back movement, always forward first.

- Figure of 8: Stand tall, looking forward with your chin level and trace a figure of eight (on its side) with your nose in the air. Start at the middle cross of the 8, and go left and upwards, repeat twice and then again but going right and upwards to start. The move should be slow, controlled and smooth.
- 6 x arm circles, forwards, then 6 x backwards, start small and get bigger.
- 4 x side bends first to left - arms high, grab right arm with left hand and bend to the left) repeat on other side - smoothly, no bouncing, no pausing.
- Hip Circles, feet shoulder width apart, hands on hips, circle for 20s, one way then the other
- Knee Circles feet closer than shoulder width apart, hands above knees, circle for 20s, one way then the other
- Stand tall, reach up with both arms, and as you (actively) swing you arms down, crouch down at the same time, no stopping and do this quite fast for 20s to get your heart pumping
- 400m or 2-3 minutes slow jog.

Main Session part 1 - 15-20 minutes

Skills & Drills

Some as previous weeks and some specific to hill running or moves which "Potentiate" which is a word that England Athletic love, essentially it means to do stuff to get you ready to more stuff in the main session

"out and backs" 15-20 meters out with a jog back:

- 1) Walk forwards on your toes for 10 paces, swap to walking on your heels for 10 paces.
- 2) Face the other way and walk backwards on your toes for 10 paces, swap to walking backwards on your heels for 10 paces.
- 3) Walking High knees, opposite arm to leg, arm angle 90 degrees, little finger brushing hips on back swing (straight).
- 4) Repeat 2) & 3) but this time running, make sure you keep an eye on the arm movements
- 5) Springbok (more height, less travel)
- 6) Half-speed sprint out
- 7) Sprint out (6 & 7, try to keep your arms as in #1)
- 8) Walking lunge - feet shoulder width apart, step right foot straight forward until knee is over ankle and back leg is approx parallel to the ground (use your arms as above, again), brief pause, then same with left leg. Two on each side and then do the same movement but going backwards (slowly).
- 9) 400m or 2-3 minutes fast jog.

Main Session part 2 – 25-30 minutes

Hill Reps

Find yourself a slope that you can run quickly up in 10-20s, obviously this depends on how fast you run, but ideally a long enough route to take you 15s, and if possible with short flattish start and then an incline. We're not talking "Football Lane" here, but something similar to the upward slope in (closed) Roxbourne Park, between the model railway track and (what was) the crazy golf course. A flat bit at the top is good too so you can slow down on the flat. Mark the start and finish points (use a stick or better still a spare running top or water bottle as dogs tend to run off with sticks)

Running uphill: you are looking for an upright stance, positive arm drive (like you practiced earlier), landing a bit more on your forefoot, Eyes forward not down.

Running downhill: similar upright stance (not leaning backwards to slow yourself down), shorter stride, higher cadence (faster legs), arms as above or if you need more balance allow the arms to drop a little, but not too far or you'll get less not more balance). Eyes forward not down.

A "nice" and simple session:

- 1) Sprint up the hill, run past your finish point and then slow jog back to the start point, don't stop, between each one, 4 repeats, break for 90-120s
- 2) Jog up the hill, run past your finish point and then sprint back to the start point, don't stop, between each one, 4 repeats, break for 90-120s
- 3) Sprint up the hill, and then slow jog back to the start point, don't stop, between each one, 2 repeats. Then jog up the hill, and then sprint back to the start point, don't stop, between each one, 2 repeats, break for 90-120s
- 4) (you'll like this one) Sprint up and back down, repeat three times with no break. Then rest for 2 minutes
- 5) Slow jog up and down the slope

...and that's it, you've done the hard bit

As always a sprint just means that it's faster than your usual pace but the faster you can do this the better. This session is quite hard but it will have benefits (honestly)

Cool Down - 10 minutes

Especially important after running up and down hill – don't forget to stretch the arms as you should have been using these a lot. - static stretches - hold for 20s

400 meters slow jog

- 1) Cross body shoulder stretch; Right arm in front then across body, below shoulder height, grab, with left arm, above elbow and pull towards chest. Repeat on other arm.
- 2) Feet shoulder width apart, Interlock your fingers, palms towards you and hold your arms straight out in front, dip your head, then repeat with the backs of your hands facing you.
- 3) Stand straight, place the backs of your hands against the small of your back and pull your shoulders back.
- 4) Calf stretch: Hands against wall, left leg forward, knee bent, right leg back with knee straight, heel flat on floor. Stretch in back of rear leg. Repeat on other leg.
- 5) Front of thigh (quads). Feet close together, pull foot up behind you and grab shoelaces on right leg. Keep front of body in a straight line. Standing leg slightly bent. Tall posture, stomach in. Repeat on other leg.
- 6) Inside of thigh (adductors), similar to light version of Warrior Two (if you do yoga). Feet wider than shoulder width apart, left foot points forward and leg straight, right foot at 90 degrees, knee over ankle, arms out at shoulder height, head towards right toes. Repeat on other leg.
- 7) Cross-over leg stretch, feet close together, left foot over right foot, legs straight if possible, hips facing forwards, bend from hips. Repeat on other leg.
- 8) Reach for the sky and "flop": On tiptoes, arms up high, flop from the hips with arms swinging, repeat three times.

Relax

Drink tea, eat chocolate eggs

Adam

Saturday Session – 200's - 60 minutes total

Warm Up - 10 mins

Make sure you are properly warmed up before you start the main session as there's a tiny bit of sprinting involved

- 400m or 2-3 minutes slow jog or very fast walk

"Dynamic" stretches – steady controlled movements with no pausing

- Standing tall, head level, slowly turn head to the left, back to the middle and then to the right Keeping the rest of your body facing forward. Repeat 4 times.
- Standing tall, head level, lift your chin to a comfortable height (tipping your head back slowly). Slowly lower your chin whilst trying to maintain the addition height you have gained. I know it sounds a bit odd but it's all about trying to stand a bit taller. Repeat 4 times
- Feet wider than shoulder width apart. Arms out to the side and up to shoulder height, and with your hips staying facing forwards, turn to the left and then to the right. Repeat 6 times.
- Same position as above but keeping your arms out level, dip the left arm and raise the right arm and repeat on the other side (think kids pretending to be airplanes). Repeat 6 times.
- Hip Circles, feet shoulder width apart, hands on hips, circle for 20s, one way then the other
- Knee Circles feet closer than shoulder width apart, hands above knees, circle for 20s, one way then the other
- Ankle circles, left foot the right. Place the ball of the foot on the ground and lift the heel, circle the ankle without lifting the ball of foot off the ground
- Stand tall, reach up with both arms, and as you (actively) swing you arms down, crouch down at the same time, no stopping and do this quite fast for 20s to get your heart pumping
- 400m or 2-3 minutes slow jog.

Main Session part 1 - 15-20 minutes

Skills & Drills

Walk forwards on your toes for 10 paces, swap to walking on your heels for 10 paces, stop, walk backwards on your toes for 10 paces, then walk backwards on your heels for 10 paces.

"out and backs" 15-20 meters out with a jog back:

- 1) Walking High knees, opposite arm to leg, arm angle 90 degrees, little finger brushing hips on back swing (straight). After three paces, stop with left leg raised and freeze, check where you leg is raised to and check your arm angle (90 degrees). Adjust them if you need to and repeat with right leg raised after three more paces.
- 2) Running high knees
- 3) Side strides with arms up to shoulder height, changing the way you're facing every 4 paces
- 4) Dead step hops: Hop on to one leg and hold for 5s, the repeat on other leg. Arms out sideways for balance. If that's too easy, put your hands above your head and try again.
- 5) Five stop hops: same as above but hop as far forward as you can, five times, holding for 5 s each time the repeat on other leg.
- 6) Springbok (more height, less travel)
- 7) Walking lunge - feet shoulder width apart, step right foot straight forward until knee is over ankle and back leg is approx parallel to the ground (use your arms as above, again), brief pause, then same with left leg. Four on each side.
- 8) Jog out, sprint back, and repeat.
400m or 2-3 minutes fast jog.

Main Session part 2 – 25-30 minutes

200m pyramids

This is more about awareness of speed / pace rather than sprinting, although, as always on a Saturday, there's a bit of sprinting thrown in. BUT as always a sprint just means that it's faster than your usual pace.

Mark out a 200m circuit, or ideally a 400m circuit with a marker at 200m. For most people, 100m is about 70-75 paces (count 1 pace on your right leg only), so each 200m is around 140-150 paces.

You're going to run 200m, stop for 5s then another 200m at the same pace. That's one rep. Total number of reps is 10, so in total 20 x 200m (4K). 30s rest between each rep. Time each run

Rep 1) 200m at slower than your usual 10K pace, 5s rest, repeat, then 30s rest, while you're having a rest, roughly average the two times, so, for example, if your times were 60s and 65s, take the average as being 62s (always round down)

Rep 2) 2 x 200m at 2s faster than rep 1 same rest times

Rep 3) 2 x 200m at 2s faster than rep 2 same rest times

Rep 4) 2 x 200m at 2s faster than rep 3 same rest times

Rep 5) 2 x 200m at 2s faster than rep 4 same rest times

Rep 6) slowing back down now: 2 x 200m at 2s slower than rep 4 same rest times

Rep 7) 2 x 200m at 2s slower than rep 6 same rest times

Rep 8) 2 x 200m at 2s slower than rep 7 same rest times

Rep 9) 2 x 200m at 2s slower than rep 8 same rest times

Rep 10) 2 x 200m at slower than your first rep, same rest times

Cool Down - 10 minutes

static stretches - hold for 20s

400 meters slow jog

- 1) Cross body shoulder stretch; Right arm in front then across body, below shoulder height, grab, with left arm, above elbow and pull towards chest. Repeat on other arm.
- 2) Calf stretch: Hands against wall, left leg forward, knee bent, right leg back with knee straight, heel flat on floor. Stretch in back of rear leg. Repeat on other leg.
- 3) Front of thigh (quads). Feet close together, pull foot up behind you and grab shoelaces on right leg. Keep front of body in a straight line. Standing leg slightly bent. Tall posture, stomach in. Repeat on other leg.
- 4) Single leg squat, lift your left leg off the ground, bend your right knee and lower down into a squat, pause for couple of seconds, return to standing and repeat on other leg. Repeat.
- 5) Inside of thigh (adductors), similar to light version of Warrior Two (if you do yoga). Feet wider than shoulder width apart, left foot points forward and leg straight, right foot at 90 degrees, knee over ankle, arms out at shoulder height, head towards right toes. Repeat on other leg.
- 6) Cross-over leg stretch, feet close together, left foot over right foot, legs straight if possible, hips facing forwards, bend from hips. Repeat on other leg.
- 7) Feet wider than shoulder width apart, left foot points forward and leg straight, right foot at 90 degrees, knee over ankle, arms out at shoulder height, head towards right toes. Repeat on other leg.
- 8) Reach for the sky and "flop": On tiptoes, arms up high, flop from the hips with arms swinging, repeat three times.

Relax

Drink coffee, eat fruit (for a change)

Adam

Saturday Session – 600/200s- 60 minutes total

Warm Up: 10-15 mins

400m or 2-3 minutes slow jog or very fast walk

"Dynamic" stretches – steady controlled movements with no pausing

Shoulder circles, 6 forward, 6 backwards, bend your arms to 90 degrees while you're doing this and try to draw neat circles with your hands

Arm Circles, 3 small, 3 big slow circles forwards, 3 small, 3 big slow circles backwards

Thoracic Spine Rotation, split stance (left foot forward), arms out to the sides at shoulder height, rotate upper body from side to side, 10 times, then repeat 10 time with right foot forward.

Hip Circles, feet shoulder width apart, hands on hips, circle for 10s, one way then the other
Knee Circles feet closer than shoulder width apart, hands above knees, circle for 10s, one way then the other.

Walk forwards on your toes for 10 paces, swap to walking on your heels for 10 paces, stop, walk backwards on your toes for 10 paces, then walk backwards on your heels for 10 paces.

Leg swings, stand one leg and swing the other first forward and back for 10s, then sideways for 10s. Repeat on other leg.

400m or 2-3 minutes slow jog.

Main Session part 1: 10-15 minutes

Skills & Drills

"out and backs" 20-25 meters out with a jog back:

Standing high knees for 5s then running high knees, opposite arm to leg, arm angle 90 degrees, little finger brushing hips on back swing (straight).

Standing back kicks for 5 s then running back kicks, arms as above

Standing skips for 5 s then skipping with arms as above

Springbok, getting as much height as you can

Side-strides, change around every 8 paces and lead with the other leg. As you go, swing your arms across your body and up to shoulder height.

Running high knees

Running back kicks

Skipping (as high as you can manage)

Jog out for 10s, 75% sprint back

Jog out for 15s, 75% sprint back

400m or 2-3 minutes fast jog.

Main Session part 2: 20-25 minutes

"600/200's"

Using the 400m loop twice or the 800m loop, all I want you to do is to run the 800m at your usual 5K or ParkRun speed (as always, this is the speed you would run 5K today not your PB).

But, with approx 200m to go I would like you to speed up, if you can, to a full sprint, but if you find you can't maintain this for the full 200m then do it as far as you can, any sprint is better than none.

Then you get 60s walking recovery.

Then repeat this all 4 more times!

So in total you'll do about 4K. The idea of this is to get used to a bit of a sprint even when you're a little tired. To me, I always feel that any sort of a sprint at the end of a race makes it feel much better, even if, maybe, the rest of the run wasn't so good, you end up on a positive note. Or if you've had a good run, then a sprint finish makes it even better.

Anyway, give it a go this week and see how you feel, and perhaps try it at the end of your next run.

Cool Down: 10 minutes

static stretches - hold for 20s

2 x 400 meters slow jog with a 10s break between.

Calf stretch: Hands against wall, left leg forward, knee bent, right leg back with knee straight, heel flat on floor. Stretch in back of rear leg. Repeat on other leg. Hold each stretch for 15s, repeat on each leg but hold for 10s, repeat on each leg again but only hold for 5s

Find yourself a step (park railings or staircase are ideal if you're back home, if not do this when you get back) and put the balls of your feet on the step with heel hanging over. Start with feet level, then raise your heels hold for 5s, back to level for 5s, drop the heels for 5s, back to level for 5s. If you want more stretch then do one foot at a time with the other off the step. With this stretch, the slower you do it, the better. Try and do 10-15 reps.

Front of thigh (quads). Feet close together, pull foot up behind you and grab shoelaces on right leg. Keep front of body in a straight line. Standing leg slightly bent. Tall posture, looking forwards, stomach in. Try not to hold on to anything (keeping your eyes looking at a fixed point). Then without touching your foot down, take your right ankle resting above left knee and crouch down. Back to standing, and go into cross-over leg stretch, feet close together, left foot over right foot, legs straight if possible, hips facing forwards, bend from hips. Repeat all three stretches on the other leg.

Inside of thigh, Feet wider than shoulder width apart, both feet point forwards, bend from the hips, arms towards the ground, hold this for 10s, then slowly move both hands first to the right leg, hold for 5s, then the left leg, hold for 5s, then back to the middle for 10s and stand back up. Repeat twice more

Feet shoulder width apart and flat on the ground, arms in front of you palms together in "prayer" position, as you breath in (slowly), lift your arms up as high as you can, then, as you breath out (sloowly), separate the palms and bring your arms down in a wide slow circle. Repeat three times more

Reach for the sky and flop: On tiptoes, arms up high, flop down from the hips, repeat three times.

Relax

Drink hot coffee and have a couple of slices of toast (& jam, absolutely no Marmite)

Adam

Saturday Session – 400's / sprint pyramid - 60 minutes total

Warm Up: 10-15 mins

400m or 2-3 minutes slow jog or very fast walk

"Dynamic" stretches – steady controlled movements with no pausing

Shoulder circles, 6 forward, 6 backwards, bend your arms to 90 degrees while you're doing this and try to draw neat circles with your hands

Arm Circles, 6 big slow circles forwards, 6 big slow circles backwards, then 6 more forwards and 6 more backwards but faster

Front Crawl Arm Circles, try this with a split stance (one foot forwards) and the arm motion should be fluid and quite fast, so that when your right arm is at the top of the circle, your left arm is already on the way up, rather than right arm then left arm. Repeat this as Backstroke

Arm Circles, again, fast but fluid movements

Thoracic Spine Rotation, split stance again (left foot forward), arms out to the sides at shoulder height, rotate upper body from side to side slowly, try to keep your eyes looking forward, 10 times, then repeat 10 times with right foot forward.

Hip Circles, feet shoulder width apart, hands on hips, circle for 10s, one way then the other
Knee Circles feet closer than shoulder width apart, hands above knees, circle for 10s, one way then the other.

Walk forwards on your toes for 10 paces, swap to walking on your heels for 10 paces, stop, walk backwards on your toes for 10 paces, then walk backwards on your heels for 10 paces.

Leg swings, stand on one leg and swing the other from front to back for 10s. Arms out at shoulder height or a bit lower helps with balance. Repeat on other leg.

400m or 2-3 minutes slow jog.

Main Session part 1: 5-10 minutes

Skills & Drills

"out and backs" 20-25 meters:

OUT: Standing high knees for 5s then running high knees, opposite arm to leg, arm angle 90 degrees, little finger brushing hips on back swing (straight).

BACK: Standing back kicks for 5s then running back kicks, arms as above

OUT: Skipping, with arms as above, getting as much height as you can

BACK: Hopping on left leg then change to right leg half way

OUT: Side-strides, change around every 8 paces and lead with the other leg.

BACK: 75% sprint

OUT: 75% sprint

BACK: faster sprint

400m or 2-3 minutes fast jog.

Main Session part 2: 20-25 minutes

400's / sprint pyramid

Using a 400m loop:

Rep 1: run 400m at between 10K and 5K pace, then walk (not jog!) for 40s around your 400m loop again, after the 40s I want you to sprint (see note above) for the rest of the loop, so the faster you walk, the less you have to sprint. Total distance 800m

Rep 2: same as above - 400m run, walk for 30s then sprint

Rep 3: 400m run, walk 15s then sprint

Rep 4: 400m run, walk 15s then sprint

Rep 5: 400m run, walk 30s then sprint

Rep 6: 400m run, walk 40s then sprint

Total distance 6 x 800m - 4.8K (try and do all 6 but if you want to miss out one then miss rep 4)

As with previous weeks, this session is aimed at getting you to move from your normal running pace into a sprint and then back again, the reason for walking rather than a jog is to get you

to pause and think about the pace you're running at rather than just slowing down or speeding up a bit. See how it goes!

As you start each rep, try to notice which leg you lead with as you start to run, and try, on the next rep to lead with the other leg. Most of us have one leg that's stronger than the other, but the less the difference between them, the better hence before the cool down, we're going to try a few balance exercises.

Balance - 5 minutes

Single Leg Dead Lift: Stand on right leg, knee slightly bent, left leg in the air behind you, shoulders back, back straight, hinge forward and reach your hands towards the ground. Hold for 10s and repeat on the other leg.

Standing Stork: Place your right foot just below the knee on your left leg, hand on hips, hold for 20s and repeat on the other leg

Single Leg Balance: hands on hips, shift your weight to the left leg, and raise your right leg so that your hip, knee and ankle form a 90 degree angle, hold for 20s and repeat on other leg. 400m slow jog

Cool Down: 10 minutes

static stretches - hold for 20s

Calf stretch: Hands against wall, left leg forward, knee bent, right leg back with knee straight, heel flat on floor. Stretch in back of rear leg. Repeat on other leg. Hold each stretch for 15s, repeat on each leg. Then put both legs back, heels flat and knee straight and hold for 15s.

Front of thigh (quads). Feet close together, pull foot up behind you and grab shoelaces on right leg. Keep front of body in a straight line. Standing leg slightly bent. Tall posture, looking forwards, stomach in. Try not to hold on to anything (keeping your eyes looking at a fixed point). Then without touching your foot down, take your right ankle resting above left knee and crouch down. Back to standing, and go into cross-over leg stretch, feet close together, left foot over right foot, legs straight if possible, hips facing forwards, bend from hips. Repeat all three stretches on the other leg

Inside of thigh, Feet wider than shoulder width apart, left foot points forward, right foot at 90 degrees. Left leg straight, right leg bent with knee over ankle (not past it), lower down until you feel a gentle stretch in the inside of you left thigh, arms out at shoulder height (right arm parallel to right leg etc) and looking along your right arm. Hold for 10s, if you're not feeling the stretch try lifting your right heel off the ground. Repeat other way around

Feet shoulder width apart and flat on the ground, arms in front of you, palms together in "prayer" position, slow breath in as you (slowly), lift your arms up as high as you can and raise your heels, then, slowly breath out as you separate the palms and bring your arms and heels down in a wide slow circle. Repeat three times more

Reach for the sky and flop: On tiptoes, arms up high, flop down from the hips, repeat three times.

Relax

Drink tea, go to the shops (if you can) and buy biscuits (or stay in and make some)

Adam

Saturday Session – "Benches, Curves & Swerves"- 60 minutes total

Warm Up: 10- 15mins

400m or 2-3 minutes slow jog or very fast walk

"Dynamic" stretches – steady controlled movements

Shoulder Circles, 10 slow circles of the shoulders, forwards, then 10 back.

Arms: these are all to be done while walking, in a straight line forwards and back or better still in a circle:

Start by slowly raising the right arm out to the side, as your left leg steps forward, until it's as high as you can reach up, then try to gently stretch it a little further, then do the same on the left arm and repeat. Continue for 30s

Next, a big slow circle of the right arm, then the left arm and repeat for 30s

Then, the same thing but faster for 30s

Now, both arms slowly forward at the same time, 30s, then back for 30s

Then, "windmilling" the arms, so right arm up and forward as left arm is down and back, slow for 30s, then faster for 30s

Side-to-Sides,

Feet wider than shoulder width apart, start by shifting your weight from side to side, bending the knee slightly as you shift the weight to that leg, then once you've got that going in a rhythm, try lifting up the foot of the "non-weight bearing" leg, then bend the knee of the lifted leg, try to raise the knee as high as you can and continue for 30s. Then, stop, and start again but faster this time.

Jogging on the spot,

1) high knees, with running arms, slow, concentrating on getting your knees high 30s

2) same as 1) but faster, 30s

3) same as 1) but exaggerate the arm the arm movement, so your arms go through a bigger range of movement, 30s

4) low knees, so, only a very small leg lift but fast and use the arms, 30s

Leg swings,

1) feet shoulder width apart, slightly bend the left leg, and swing the right leg forwards and back for 30s, repeat on other leg

2) feet as in 1) but this time swing your right leg from right to left and back, 30s, repeat on the other leg, then repeat for both legs but a little faster

400m or 2-3 minutes slow jog.

Skills & Drills" 10-15 mins

"out and backs" 20-25 meters:

OUT: Fast marching with running arms

BACK: jog

OUT: Running high knees with running arms

BACK jog

OUT: Running back kicks, arms as above

BACK: jog

OUT: Side strides. changing lead leg every 4 paces arms swinging to shoulder height

BACK: jog

OUT: 75% sprint 15s

BACK: fast jog

OUT: 75% sprint 15s

BACK: fast jog

400-500m top and tailing - I know this would normally be done in groups of 4-6 and if you are running in a small group then just do this as normal, if you are running by yourself then all you need to do is to fast jog the 400-500m but every 30s, just speed up for a count of 5 as if you were running to the front of the group, then slow back down again.

Main Session 25-35 minutes

"Benches, Curves & Swerves"

Benches: If you are in the park, start at the park gates and run anti-clockwise towards the pavilion, then continue on past the playground and back to the park gates. Running at about your 10K pace, but each time you pass a bench I want you to speed up until you get to the next bench and then slow back down to 10K pace. 60s break.

Repeat the loop but this time start off fast and slow down when you pass a bench, then speed up again at the next one. 60s break.

Repeat the two loops above but going clockwise.

If you're not in the park, then pick a stretch of road about 800-900m long and using telegraph poles and or lampposts, do the same four runs, out, back, out and back again.

Curves: find a 50m straight and wide-ish stretch and mark the start and finish. jog out for 50m down the left hand side of the track then as you reach the end point speed up as you turn to the right and run faster, back to the start. Important bit is to speed up as you start to turn, not afterwards, but then to maintain the speed. Repeat this but start off running down the right hand side of the track and turn to the left at the end. Repeat it once more on the left and on the right but try to go a bit faster.

Swerves: on the same 50m track, starting on the left hand side, run the 50m as quickly as you comfortably do but swerving from side to side of the track (as if you were running around cones in the middle of the track). Jog back. Repeat but this time start on the right side of the track. Repeat it once more on the left and the right but a little faster if you can.

400m slow jog

Balance

Similar to last week just different times to balance for. something new next week

Single Leg Balances:

1) Stand with feet shoulder width apart, lift your right leg and bend the knee, so your right foot is next to your left knee, then let your right foot drop and point your toes to the ground. Extend your arms backwards palms down and lean forwards and hold the balance for 10s, return to standing with your right knee still lifted, and again hold for 10s then repeat four more time before switching to the other leg and repeating

2) Stand with feet shoulder width apart, lift your right leg and bend the knee, so your right foot is next to your left knee, then let your right foot drop and point your toes to the ground and then lift your standing heel and hold for 5s, repeat four more times, then switch to the other leg and repeat.

3) feet shoulder width apart, grab the right foot at the base of the shoelaces as if you were doing a quad stretch, but then lean forwards (to a point where it's still comfortable) and stretch out your left arm in front of you, hold for 10s and repeat on other leg.

Cool Down: 10 minutes

static stretches - hold for 20s

Front of thigh (quads). Feet close together, pull foot up behind you and grab your right foot. Keep front of body in a straight line. Standing leg slightly bent. Tall posture, looking forwards, stomach in. Try to balance without holding on if you can. Hold for 20s. Repeat on the other leg

Calf lifts: find yourselves a step or use railings / wall, holding on to something, with your toes on the step, drop the heels and hold for 15s, then bring the heels back to level and hold for 5s then raise the heels and hold again for 15s. Repeat twice more

Inside of thigh (warrior 2 ish): Feet wider than shoulder width apart, left foot pointing forwards, right foot at 90 degrees. Left leg straight, right leg bent with knee over ankle (not past it), lower down until you feel a gentle stretch in the inside of your left thigh, arms outstretched at shoulder height eyes looking along your right arm. Make sure your feet are

flat on the ground and not rolling to one side, if they are adjust the width your feet are apart. Hold for 20s. If it feels too easy raise the right heel. Repeat other way around.

Inside of thighs (bend from waist): Feet wider than shoulder width apart, knees slightly bent, both feet pointing forwards. Bend from the waist, slowly, hold for 10s with your hands touching the floor, or as near as you can get. then move both arms to the right leg and hold 5s, back to the middle, 10s and to the left 5s. Repeat twice more.

Side bends: Feet wider than shoulder width apart, arms above your head, grab your left wrist with your right hand and pull it gently over to the right, when you get to a point where you stop naturally, try exhaling and see if you can go a little further, repeat on the other side. then once more on each side. Try and stretch a little further the second time but slowly, don't push beyond where it's comfortable

Stretch and flop: Feet shoulder width apart, stand tall, bring your arms out to the side and up above your head, slowly and stretch them out as far as you can. Hold this for a few seconds, then slowly flop from the waist (and exhale) so that your arms swing freely. Repeat but flop a little faster.

Deep Breath: Feet shoulder width apart and flat on the ground, arms in front of you, palms together in "prayer" position, close your eyes, take a very slow breath in through your nose as you (slowly), lift your arms up as high as you can, then, slow breath out, through your nose, as you separate the palms and bring your arms and heels down in a wide **slow** circle. Repeat three times more, each one slower than the last.

Relax,

Looks like we're back to sunshine so off for a ice cream or a cold drink and a biscuit or two

Cheers,

Adam

Time to get the proof-reader to stop gardening and proof read