

## SAC Monday Night Coaching - 7pm @ Stratford High

Date	Session details
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19th December 2011	<b>Lactate Threshold Session</b>
	<b>FUN CHRISTMAS RELAYS!!!</b>

26th December 2011	<b>Boxing Day - Be let out the house if you're lucky!!</b>
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2nd January 2012	Bank Holiday! Meet at the Sports Club RSC Interval Session
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9th January 2012	<b>Speed Endurance Session</b>
	4x 1000m
	90 secs recovery
	4x 500m
	90 secs recovery

11th January 2012	<b>Wednesday Night Coaching Session</b>
	<b>Winter Training Route around Stratford</b>
	10 minutes warming up
	5 minute effort
	5 minute recovery
	10 minutes effort
	5 minute recovery
	5 minute effort
	5 minute recovery
	2 and a half minute effort
	10 minutes recovery

16th January 2012	<b>Hills Workout</b>
	3 mins effort up Maidenhead Road
	Jog down recovery
	Repeat 7x

18th January 2012	<b>Wednesday Night Coaching Session</b>
	<b>Winter Training Route around Stratford</b>
	10 minutes warming up

	5 minute effort
	5 minute recovery
	10 minutes effort
	5 minute recovery
	5 minute effort
	5 minute recovery
	2 and a half minute effort
	10 minutes recovery

<b>23rd January 2012</b>	<b>Lactate Threshold Session</b>
	1600m Efforts
	3 - 4 repetitions
	2 mins active recovery (I.e. keep moving)

<b>30th January 2012</b>	<b>Speed Endurance Session</b>
	30 minutes jogging the bends / effort along the straights
	Then
	4x 300m efforts / 90 secs recovery

<b>6th February 2012</b>	<b>Hills Workout</b>
	3 mins effort up Maidenhead Road
	Jog down recovery
	Repeat 7x

<b>Wednesday 8th February 2012</b>	<b>Wednesday Night Coaching Session</b>
	12 - 16x 400m
	90 secs recovery

<b>13th February 2012</b>	<b>Speed Endurance Session</b>
	5x 800m
	90 secs recovery
	5x 400m
	90 secs recovery

<b>Wednesday 15th February 2012</b>	<b>Wednesday Night Coaching Session</b>
	<b>Vo'2 Max Session</b>
	400m effort
	200m jog recovery
	200m effort
	100m jog recovery

	100m effort
	400m jog recovery
	Repeat x 4-7

<b>20th February 2012</b>	<b>Lactate Threshold Session</b>
	1400m Efforts
	4 -7 repetitions
	100 seconds active recovery (l.e. keep moving)

<b>27th February 2012</b>	<b>Speed Endurance Session</b>
	35 minutes jogging the bends / effort along the straights
	Then
	5x 200m efforts / 90 secs recovery

<b>5th March 2012</b>	<b>Hills Workout</b>
	3 mins effort up Maidenhead Road
	Jog down recovery
	Repeat 7x

<b>12th March 2012</b>	<b>Speed Endurance Session</b>
	6x 600m
	90 secs recovery
	6x 300m
	90 secs recovery

<b>Wednesday 14th March 2012</b>	<b>Wednesday Night Coaching Session</b>
	<b>Winter Training Route around Stratford</b>
	10 minutes warming up
	5 minute effort
	5 minute recovery
	10 minutes effort
	5 minute recovery
	5 minute effort
	5 minute recovery
	2 and a half minute effort
	10 minutes recovery

<b>19th March 2012</b>	<b>Lactate Threshold Session</b>
	1200m Efforts
	4 -7 repetitions
	90 seconds active recovery (l.e. keep moving)

<b>Wednesday 21st March 2012</b>	<b>Wednesday Night Coaching Session</b>
	<b>Winter Training Route around Stratford</b>
	10 minutes warming up
	5 minute effort
	5 minute recovery
	10 minutes effort
	5 minute recovery
	5 minute effort
	5 minute recovery
	2 and a half minute effort
	10 minutes recovery

<b>26th March 2012</b>	<b>Speed Endurance Session</b>
	4x 400m
	5x 300m
	6x 200m
	3 minutes recovery between each one

<b>2nd April 2012</b>	<b>Speed Endurance Session</b>
	40 minutes jogging the bends / effort along the straights
	Then
	6x 100m efforts / 90 secs recovery

## School Track

<b>Vo2 Max Session</b>
<b>Pyramid Session</b>
<b>Lactate Threshold Session</b>
<b>Hills Session</b>
The names of the above terms mi and understanding so that you kn reading things like Runner's Work







Aimed at improving your body's ability to breathe in, transport and utilize oxygen to improve your speed

A mixed distance session linked with pace judgement and improvement in Vo2 max

Your lactate threshold is the level above which you get into an oxygen deficit

These sessions help raise that level to allow you to run faster for longer, improving your 5K and 10K times

This is an strength endurance session linked with improving lactate threshold.

ight sound complex (and if you dig in deeper they are) but part of coaching is to pass on knowledge  
ow exactly why you are running round and round a track. Plus when you go to races or you are  
d you will know what people are talking about when they talk about such things.