Beeston AC - Session 1

Meeting Point

David Ross Sports Centre - 18:30pm start

Location

University Boulevard - 1km straight / 2.5km loop

Warm Up

10min Easy Jog to start

10 - 15mins Basic Drills / Running Technique

* Dynamic movements
* Efficient Running economy
* Easy feet / alternate leg raise / Heel flicks / Lunges

Session 1

10mins @ Threshold pace - approx 1min slower mile pace or 60min run pace (Can use 2.5km loop) + 2min easy jog back to start points.

(2mins easy jog)

3 x 3mins @ 10km pace (1km straight)

(90sec)

3 x 2mins @ 10km pace (1km straight)

(60sec)

3 x 1min @ 5km pace (1km Straight)

(30sec)

10min cool down - Stretch and loosen off in warm environment.

Run time - 40mins + 10min warm up + 10min cool down = 60min of running + 15min drills = 75min session

Start points sub 40mins start point 1 / 40-45mins start point 2 / 45min+ start point 3. - start points 250m apart.