

Netley Abbey Runners: Speed, Strength & Conditioning Sessions

10 Week plan 29th June to 31st August 2017



Location details	Date / Session details				
	29-Jun-17	13-Jul-17	27-Jul-17	10-Aug-17	27-Aug-17
Focus	Strength / Conditioning	Speed	Strength / Conditioning	Strength / Conditioning	Strength / Conditioning
RVCP, 19:30 @ Base of Chapel rise	Warm up, Hill Circuit Repeats: 1 circuit/30 secs static rest, 2 circuits/60 secs static rest, 3 circuits/90 secs static rest, 4 climbs/120 secs static rest, 2 climbs/finish & Cone exchange game	Warm up, Flying 30s Sprint session (x8 sets) & Cone exchange game	Warm up, Kenyan Hills (x3 sets - 2 x full climbs & 2 x half climbs per set) & Cone exchange game Please note, this will be a 7:15 start	Warm up, Hill Circuit Repeats: 1 circuit/30 secs static rest, 2 circuits/60 secs static rest, 3 circuits/90 secs static rest, 4 climbs/120 secs static rest, 2 climbs/finish & Cone exchange game	Warm up, Kenyan Hills (x3 sets - 2 x full climbs & 2 x half climbs per set) & Cone exchange game
	06-Jul-17	20-Jul-17	03-Aug-17	17-Aug-17	31-Aug-17
Focus	Speed / Conditioning / Pacing	Speed / Conditioning / Pacing	Speed / Conditioning	Speed / Conditioning / Pacing	Speed / Conditioning
Southampton Athletics track* 19:30 @ 100 m finish line	Warm up, Killer Ks: 5x1K sets, each set run at individuals max 5K pace. At end of each 1K set, static rest for half 1K time, repeat x 4	Warm up, 3-2-1 Speed Pyramid: 3 mins sub 5k pace, 2 mins 5k pace, 1 min >5k pace, 5 min light jog, repeat x 3 (note, no static rest stops)	Warm up, 400 m/800 m repeats: 8 x 400 m sets/6 x 800 m, at pace, 1 min/1:30 min static rest intervals	Warm up, 4x4 300 m: 1 set is 300m @ 5K pace, with 100m recovery jog x 3. Every 4th 300m follow with a 400 m recovery jog. Repeat for 4 sets (note, no static rest stops)	Warm up, 400 m pairs, Run @ 5 K pace, 1 set is: 400 m, 100 m recovery jog followed by 400 m, 300 m recovery jog. Repeat x 4 (note, no static rest stops)

* Please note this session attracts a £ 3.20 charge - payable to the facility at the track

Please note all sessions are subject to weather restrictions and may need to change due to heavy rain/ice/unforeseen conditions