

Gears

Objective of the session: to give runners the opportunity to progressively increase their running pace from easy to above their lactate threshold over a 1.5 mile circuit.

Who is it suitable for: anyone who has been running long enough to be able to run for at least 35 minutes continuously

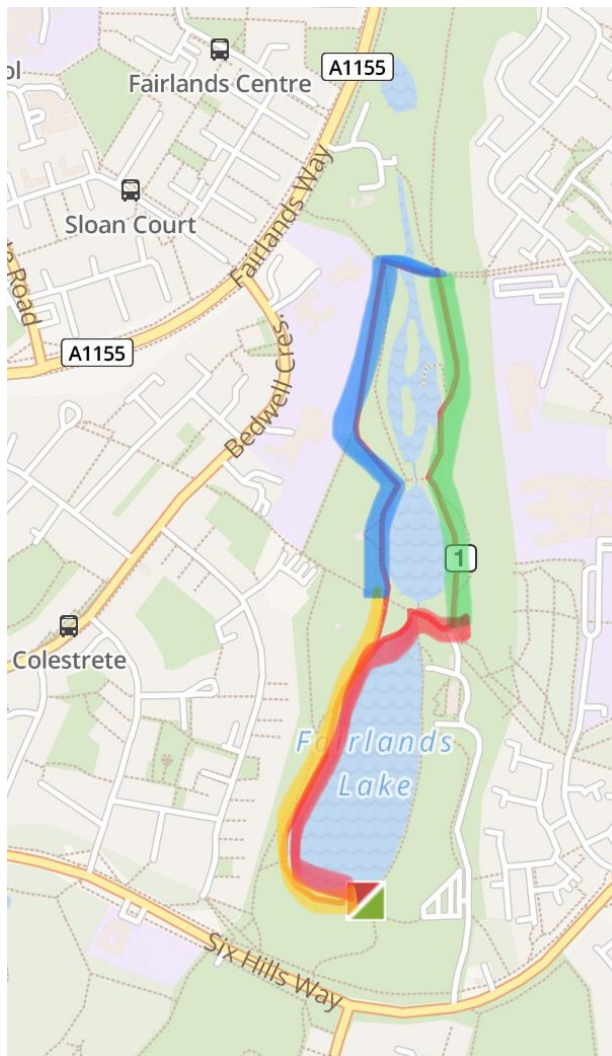
What does the session consist of? Firstly we will carry out mobilisation exercises on the grass in the car park area at Fairlands Valley. Runners then complete one circuit on the route around the lakes at a steady pace. As they do that the run leader will point out each part of the circuit that marks a gear change (change of pace).

Gear 1 section (yellow) – slow, steady 4 out of 10

Gear 2 section (green) – easy 6 out of 10

Gear 3 section (blue) – threshold 8 out of 10

Gear 4 section (red) – maximum effort



Run leader notes

Meet the runners in the car park and complete mobilisation exercises on the grass. Take the runners around the circuit making sure you point out the gear changes (option to use marker cones). Runners then complete another 2 complete circuits. After each circuit allow runners to have a short drinks break (no more than 2 minutes) before setting off again.

Complete a cool down by (slow) running along a section of the large lake, out and back. Stretch off using a range of static stretches.