

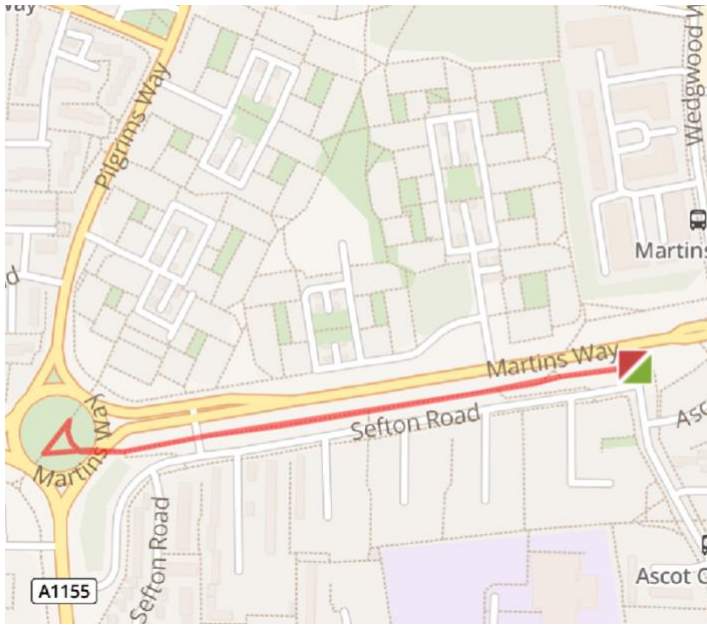
1 km repetitions

Objective of the session: working on running efforts at lactate threshold pace or faster. Develops the ability to run faster and with better technique.

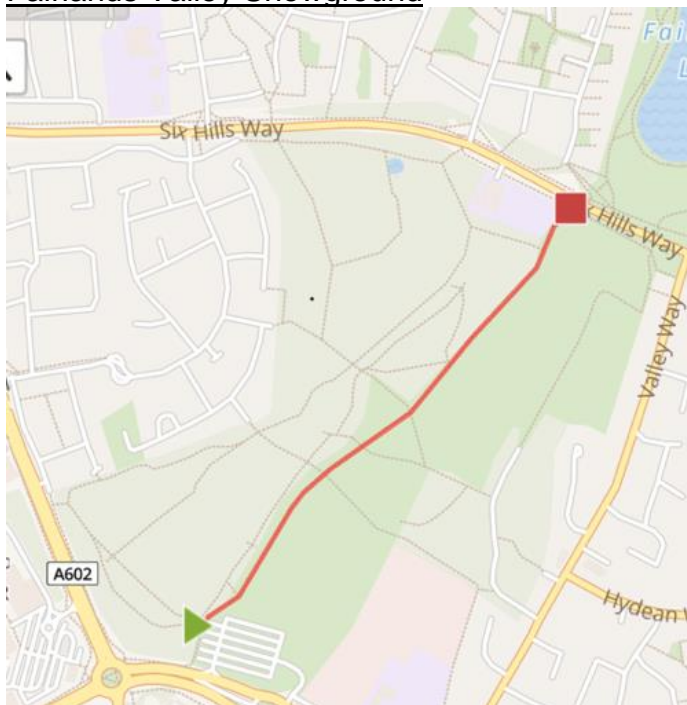
Who is it suitable for: anyone who has been running long enough to be able to run for at least 25 minutes continuously

What does the session consist of? Firstly we will warm up for at least 800m so that runners are ready for the session. The club use 1km stretches from either St Nicholas park or Fairlands Valley South (Showground). After each 1km effort the runner takes a recovery of 2 minutes.

St Nicholas Park



Fairlands Valley Showground



Run leader notes

St Nicholas

Meet the runners in the car park and complete mobilisation exercises. Jog down the length of Pilgrims Way to Martins Way and to 'the Lion' underpass near Ascot Crescent. 1k is out to the underpasses near the oval garage, turning and returning. Marker cones are not needed.

Meadway

Carry out mobilisation exercises in the car park. Warm up by jogging down Meadway, turning right on gunnels wood road cycleway and following the 1km route in reverse to the Meadway entrance at the back of buildbase.

Marker cones are not required as the start and finish are at Meadway (in the buildbase side of that road, not the Woolenwick school side).

Both meeting points

The recovery in between each effort is 2 mins. Each runner should be aiming to complete a minimum of 3 and maximum of 5 efforts.

Complete a cool down by (slow) running back to the start/car park. Ensure that runners cover at least 800 m in their cool down run. Stretch off using a range of static stretches.