

300m shuttles

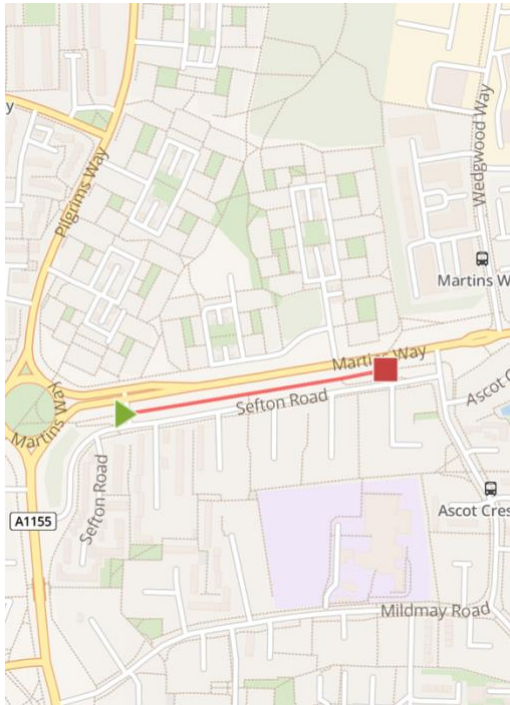
Objective of the session: to give runners the opportunity to run at a pace below their 5k race pace and lactate threshold. This session keeps runners in constant eye contact of the running group as a whole. It also enables development of runners neuromuscular technique.

Who is it suitable for?

Anyone who has been running long enough to be able to run for at least 35 minutes continuously. Previous experience of interval and speed training is also recommended as this is a strenuous session.

What does the session consist of?

Firstly we will carry out mobilisation exercises adjacent to the car park area at St Nicholas Park. Runners then complete a slow run out to the start on Martins Way. The group of runners are then split into three groups. Each group share a similar running pace. The groups are then labelled 1, 2 and 3. Groups 1 and 3 stay at the start point with group 2 moving to the cone marker 300m away.



Run leader notes

Meet the runners in the car park and complete mobilisation exercises on the grass. Take the runners to the start area (Broadhall Way or Fairlands Valley lakes depending upon the time of year). Ask runners to get themselves into the three pace based groups. Help them do this by referring to any running data they can share, such as recent race or parkrun times.

Place marker cones at either end of the 300m section. Keep groups 1 and 3 at the start and ask group 2 to go to the 300m marker cone. Ask one of group 2 to signal to you when they are in position.

Set group 1 off. As the run leader you can either stay at the start and observe and encourage runners as they come and go or join one of the groups and take part. An alternative is to move

between groups and run with each one. You will only run half the repetitions but will be able to see all runners in action.

Complete a cool down by (slow) running back to the car park and carry out static stretches with the whole group.