

400m repetitions session

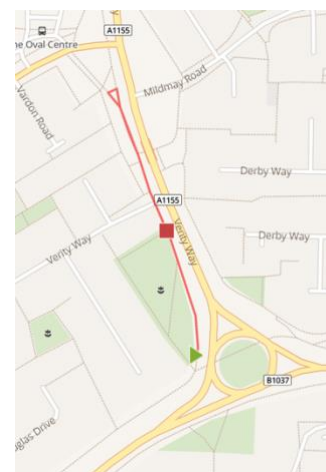
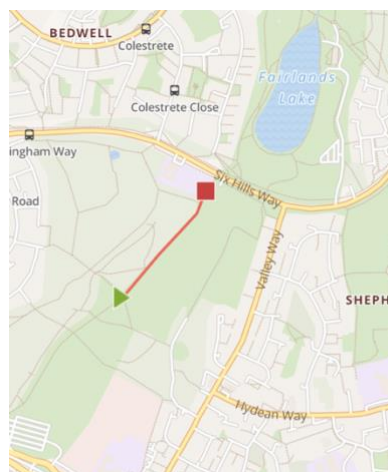
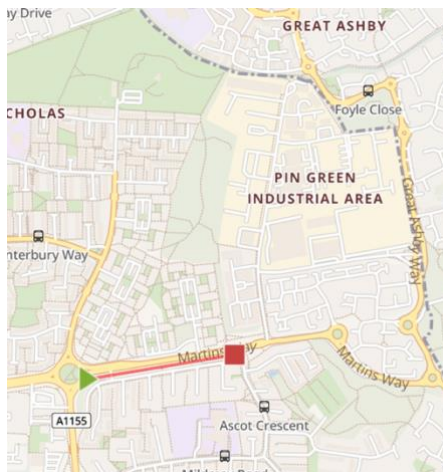
Objective of the session: by using short repetitions we will develop running technique and pace.

Who is it suitable for: anyone who has been running long enough to be able to run for at least 30 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 uses either a stretch of cycleway on Martins Way, Verity Way or the pathway across Fairlands Valley Showground. Marker cones will be placed at either end of the 400m stretch of cycleway.

Runners run a 400m effort and then take a 90 second moving recovery (walking or slow jog). They then repeat that 7 to 11 more times. Runners should monitor the time it takes them to complete each 400m effort. The aim is to ensure that the time of each effort is within a few seconds of the others, ensuring a consistency of pace. With practice, runners should be aiming to reduce their recovery time from 90 seconds to 60 seconds whilst maintaining their pace on the 400m efforts.



When meeting at St Nicholas Park.

When meeting at Fairlands Valley.

When meeting at Emperors Gate.

Note for run leaders

Meet the group of runners in the car park. Carry out mobilisations in the car park.

The warm up consists of approx 0.5 miles from the car park to the starting point. Runners need to be encouraged to keep moving during the recovery after each effort. The run leader can take part in the session by running with a variety of runners in the group and giving them feedback and encouragement after each effort.

Encourage the runners to complete an even number of efforts (8, 10 or 12) so that they finish at the same end they started. Cool down by taking the group of runners back to the car park slowly.

Use a range of static stretches when you get back.