



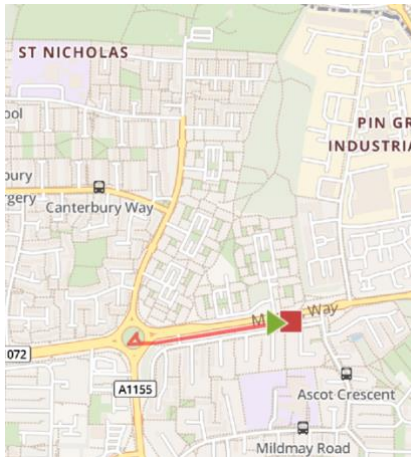
800m repetitions

Objective of the session: this session is designed for runners to complete 800m repetitions above their lactate threshold pace and focus on their running form/technique. This session will build speed in runners.

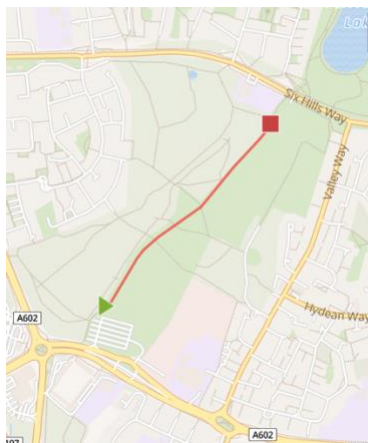
Who is it suitable for: anyone who has been running long enough to be able to run for at least 30 minutes continuously. Designed for runners who are training for a marathon.

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 800m stretches from either Fairlands Valley or St Nicholas park. After each 800m effort the runner takes a recovery of 2 mins. Over a number of sessions runners can shorten the recovery to 90 secs.

St Nicholas Park



Fairlands Valley Showground



Run leader notes

St Nicholas park

Meet the runners in the car park and complete mobilisation exercises. Jog down the length of Pilgrims Way to Martins Way. Go to the bottom of the raised pathway that leads to Sefton Way. That is the start. Put marker 20 m behind on the cycleway. That is the finish. Runners run towards the oval, turn at the underpass complex and come back to the finish cone. They then take their recovery.

Fairlands Valley

Meet the runners in the car park and complete mobilisation exercises. Place cones by the way marker/information sign on the pathway leading away from the car park. Jog the length of the pathway towards six hills way and drop cones at 800m which corresponds to the last entrance into the woods.

Both meeting points

The recovery in between each effort is 2 mins but runners can progress to 90 sec recoveries. Ensure that the runners know how many repetitions they are expected to complete (4 or 6).

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