



## **Duck and drakes group runs**

**Objective of the session:** this takes one of our group runs and adds a twist! It gets runners working as a team in formation, injecting speed for short periods. The groups use teamwork to complete a defined circuit based on our usual speed endurance routes and groupings. The benefits of duck and drake runs are:

1. Runners get introduced to running faster for a short period of time at a slower than all out speed session pace.
2. The group gets to run together for an entire workout. They have to use teamwork for the session to work. During the run the group can encourage each tail runner as they move to the front.
3. Race tactics are introduced. These runs are a good way to learn surge and recover.

**Who is it suitable for:** anyone who has been running long enough to be able to run for at least 30 minutes continuously. The session is run in the usual speed endurance groups.

**What does the session consist of?** After warming up in your speed endurance group, your run leader arranges you in a single file and the group then starts at a steady run pace staying in line and close together. On the run leaders instruction the runner at the back accelerates to the front of the group. When they arrive they raise their right arm and shout switch. The rear runner runs to the front. And so on. These repetitions continue at least 3-4 times when the run leader asks the group to switch to a reverse pattern. With the reverse pattern the lead runner steps to the right and slows down until the group pass them. They are then the back runner. When they take their place at the back they shout switch and the lead runner repeats that process. These repetitions continue until all runners have had the opportunity to switch at least 3-4 times.

### **Run leader notes**

Ensure that you carry out mobilisations with your group and complete a warm up of about a mile at a steady pace. Arrange the group into a single file and explain both the forward and reverse duck and drakes procedures. Start with the forward pattern and ensure all runners have at least 3-4 opportunities to switch before moving on to the reverse pattern.

Complete a cool down run and then static stretching when the group returns to base.