

300m parlauf

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.

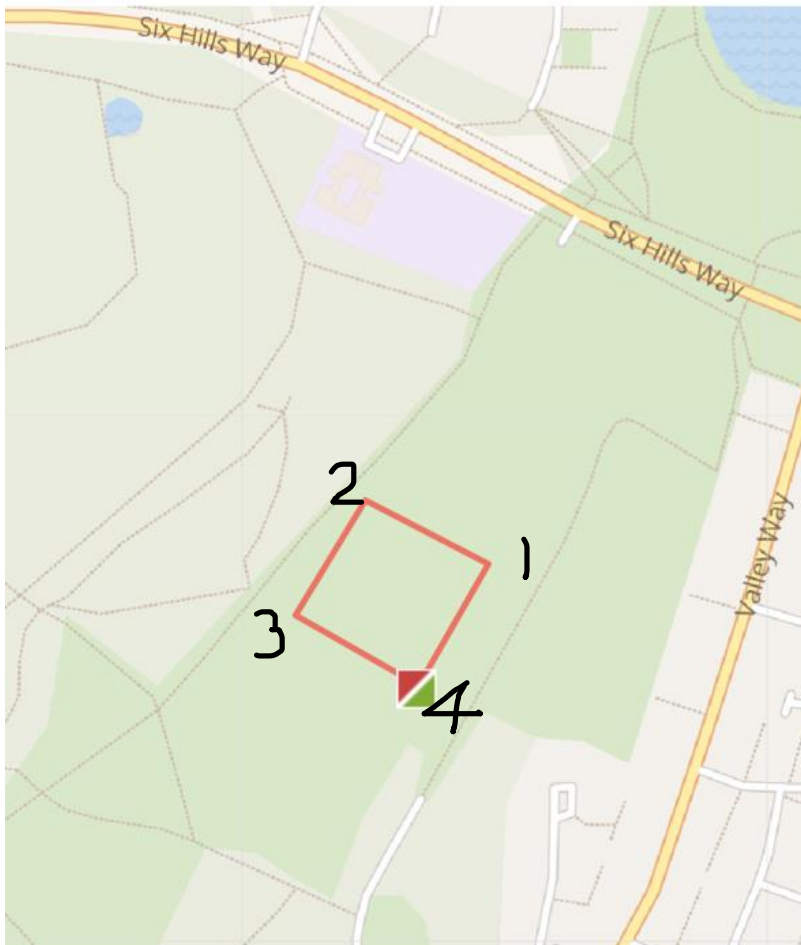
Who is it suitable for?

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 on the grass in the car park area at Fairlands Valley. Runners then complete a slow run out to the start towards the end of the Showground field. The group will be running on the grass. The run leader will have used cones to mark out a 100m square. The runners pair up, ideally with a runner who runs at a similar speed.

The first runner in each pair stays at the start whilst the second of the pair goes to point 3 of the square (300m away). The run leader announces start and the first runner in each pair runs around the perimeter until they get to their partner at 300m. Their partner then sets off and runs 300m around the perimeter. Whilst they are running, runner one goes back 100m along the perimeter and meets their partner. Off they go again. So as one runner is running 300m the other runner is going back 100m to meet them. This repeats until each runner completes 10 repetitions (a total of 3000m and 900m recoveries).



Run leader notes

Meet the runners in the car park and complete mobilisation exercises on the grass. Take the runners to the start area on the field near the Six Hills Way end. Ask runners to get themselves into similar paced pairs. Help them do this by referring to any running data they can share, such as recent race or parkrun times. Place marker cones in a square 100m part. Ask runner one of each pair to stay at the start cone and the second runner of each pair goes to cone 3. Once the group starts running you can either stay and observe at different cones, ensuring runners are moving back correctly on their recoveries or you could join up with a pair and run efforts with them. Whatever you decide, ensure that the group know what they are doing on the course and they are not getting out of sequence.

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