



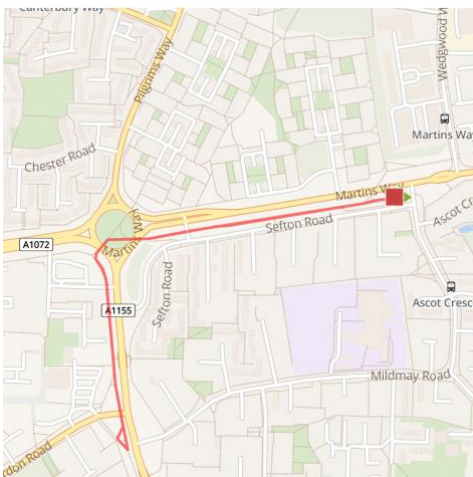
## 1 mile repetitions

**Objective of the session:** working on running efforts at lactate threshold pace or faster so that you are developing your threshold to enable the transition to faster running for longer. The session also develops better technique.

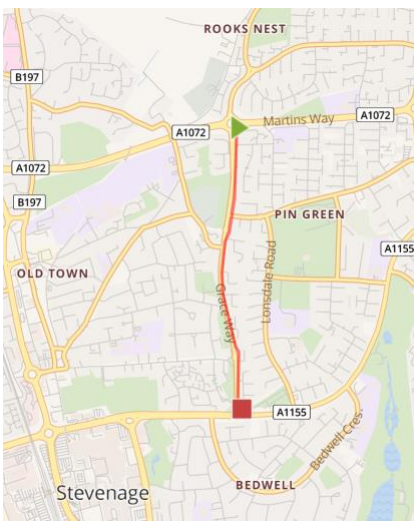
**Who is it suitable for:** anyone who has been running long enough to be able to run for at least 25 minutes continuously

**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 use a 1 mile stretch from either Meadway, Martins Way or Grace Way. After each 1 mile effort the runner takes a recovery of 2 minutes..

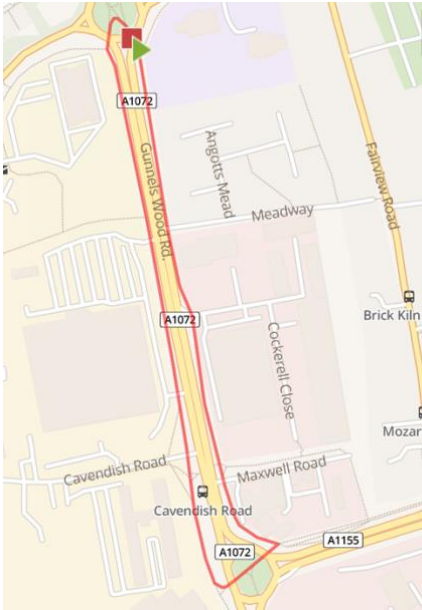
### Martins Way



### Grace Way



## Meadway



## Run leader notes

### Martins Way (meeting at St Nicholas Park)

Meet the runners in the car park and complete mobilisation exercises on the adjacent grass area. Jog down through the length of Pilgrims Way to Martins Way and then to the 'Lion Underpass' under Ascot Crescent. No need for marker cones as there are clear landmarks for the start/finish and turn around (the stone triangle in the middle of Verity Way).

### Meadway

Carry out mobilisation exercises in the car park. Warm up by jogging down Meadway, turning left on gunners wood road cycleway and following it into the underpass network. The start is in the underpass closest to the back of Woolenwick School facing south on GWR. There is no need to marker cones as the start/finish is in the underpass and it is out and back route.

### Grace Way

Warm up from Hampson Park to Grace Way following the pathway on the west side of the park. Turn right when you reach Grace Way and go all the way to the junction with Martins Way. Start the first repetition from there with the finish at the end of Grace Way just before the downhill slope onto Fairlands Way.

### All meeting points

The recovery in between each effort is 2 mins. Each runner should be aiming to complete a minimum of 3 and maximum of 5 efforts.

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