

One Kilometre Reps Session Plan

Session Introduction:

- Gather all runners together
- Check for new runners, welcome, introduce etc
- Check for injuries / fitness concerns (address if necessary)
- Explain session – what will we be doing and why

Warm Up:

Steady jog up to the Farrars prior to regrouping and introducing the main part of the session.

Main Session:

We tend to do this along Stockport Rd starting from the Farrars along to top Mossley then back again. Do a 1K rep, jog 500m back, start the next rep from there (towards top Mossley again), repeat till you get there and then head back again doing the same. As with other sessions, run some individually, some in pairs, some with a staggered start etc.

Cool Down:

Steady jog back to the cricket club. Try and encourage runners to carry out static stretching back at the cricket club to promote recovery, increase flexibility and in turn running efficiency.

Coaching Points / Session Goals:

Session designed to build speed endurance, run each effort at approximately 10k pace, perhaps slightly faster but ensure efforts can be sustained throughout the session.