

One Mile Reps Session Plan

Session Introduction:

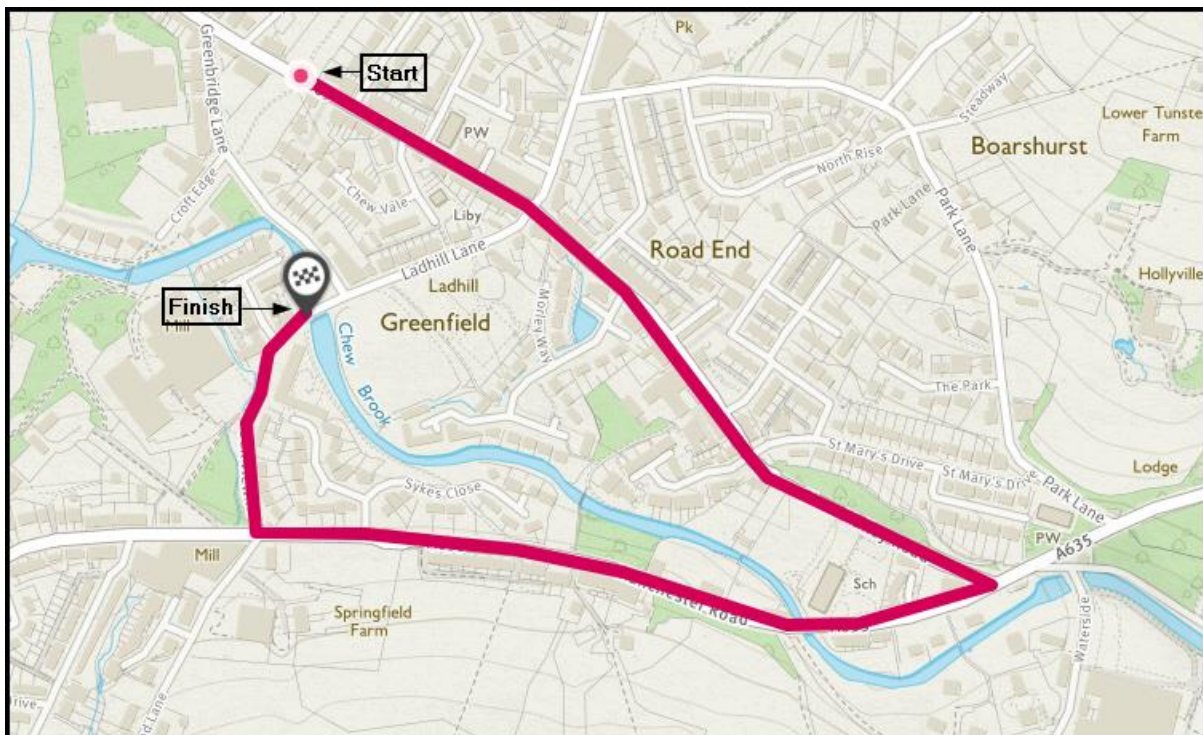
- Gather all runners together
- Check for new runners, welcome, introduce etc
- Check for injuries / fitness concerns (address if necessary)
- Explain session – what will we be doing and why

Warm Up:

Steady jog along Manchester Road and then down Oak View Road, explain as you get to it that the bridge (by the cricket club) will be the end point of the rep. Turn left after the bridge and explain this will be the recovery jog, along past the chippy turn right on Chew Valley road, crossing with care, and along to the Penine Bridleway crossing point. This marks the start point for the reps.

Main Session:

Session is 4 x 1mile reps, encourage people to run at their own pace, what you will find is that runners will tend to settle into groups of similar speed and push each other. After each rep you do not re-group but rather you start your recovery jog back around to the start point and then you start again once you get there. This usually works out at a couple minutes recovery after each rep. If we were to re-group the faster runners would end up having too long a recovery. So you only all re-group after everyone has finished their 4th and final rep. See below for maps of the rep and the recovery.





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. Reps should be run at a consistent pace, sometimes people do the 1st one too fast because it feels easy but then struggle after that, in which case they aren't really benefitting from the session. 5k pace or slightly faster is a good target.