<p style="text-align: center;"><u>**Tempo Session Plan**</u></p>

<u>Session Introduction:</u>

- 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

<u>Warm Up:</u>

Steady jog out for a mile or so prior to regrouping and introducing the main part of the session.

<u>Main Session:</u>

Try to group people of similar pace together as it will get a bit spread out. The efforts should be run at a hard pace but not flat out, just below race pace probably. Variations you can do:

- Warm up – 1 x effort (maybe 3 or 4 miles) – cool down
- Warm up – effort (e.g. 2 miles) – recovery (5mins) – effort (2miles) – cool down
- Warm up – effort (1.5 – 2miles) – recovery (4-5mins) – effort (1.5-2miles) – recovery – effort (1.5 – 2miles) – cool down

<u>Cool Down:</u>

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.

<u>Coaching Points / Session Goals:</u>

Longer efforts designed to build speed endurance. Great sessions for getting your body used to pushing it and sustaining that effort. You can build these up through the weeks e.g. if you do 3 x 2miles you are pretty much doing a 10k and you soon realise that you recover quickly and could sustain the effort without the recovery.