

AFF - Speed Session Coaching Schedule for Dec 2019 - Nov 2020 incl.

Coaching Objectives for December 2019 - November 2020

DATE	KEY EVENT
<p>Please see Website for list of races. As so many people do so many different race distances etc. the schedules are designed to benefit all race types. Short fast reps can help increase leg turnover which is of benefit in the longer races as well as the short. Over time your body will feel more comfortable at a faster pace than normal. Longer intervals, with varying degrees of recovery, can also aid endurance and improve lactate threshold. For anyone that is interested, a summary of the principles of training can be found in the coaching section on the website.</p> <p>Note. If any member wants any specific help or guidance then please do not hesitate to contact any of the coaches. A list of each coaches' area of expertise can also be found on the website. We will be only too glad to help.</p>	

Highlights coaches for coached sessions below

Key to Active Tuesday Night Club Coaches		
	Level 1/LIRF	Level 2
	GS - Giles Shoreley	JB - Jeremy Bell
	BD - Barry Dackombe	RJ2 - Richie Jones
	MW - Mark Waine	MB - Mark Billington
	AW - Abi Wells-Day	JD - Jerry Day
	NN - Nichole Neate	PO - Paul Owen
	GB - Gemma Bear	CS - Christine Shaman
	MR - Mark Rouse	
	LW - Louise Wilkins	
	JBO - Jon Bowler	
	SG - Stan Greening	
	ML - Martin Lees	
	SL - Siobahn Lees	
	PM - Phil Mead	
	CN - Chris Newnham	
		Level 3
		Sedgley

New Schedule to be added

Coached Sessions

post Covid Restrictions

DEC	Session Detail	Coaches (1st stated is lead coach)	Venue
10	Reducing Time Speed Session - 1 Set - all half time recoveries and Out & Back to keep group(s) together. 4min/4min , 3min/3min , 2min/2min , 1min/1min, all efforts at around 5-10k pace	PO JBO PM	FLITWICK FOOTBALL CENTRE THEN CORNER STEPPINGLEY ROAD/MANOR WAY (FOR THOSE WISHING TO GO STRAIGHT TO THE SESSION START POINT THERE WILL BE A COACH THERE AT 6:30 - PLEASE ENSURE YOU ARE WARMED UP FOR WHEN THE MAIN GROUP ARRIVE SO WE CAN START THE SESSION PROMPTLY)
17	HEADTOWN SESSION - 4 Sets (5 x 1min hard pace with 30 secs recovery between efforts) 2-2.5 mins rest between sets. Efforts should be run at high intensity with no deterioration of form. Concentrate on a relaxed, light and quick turnover.	CS GB AW SL	CULCHETH CENTRE, REDBOURNE SCHOOL THEN WILLOW WAY, FLITWICK (FOR THOSE WISHING TO GO STRAIGHT TO THE SESSION START POINT THERE WILL BE A COACH THERE AT 6:30 - PLEASE ENSURE YOU ARE WARMED UP FOR WHEN THE MAIN GROUP ARRIVE SO WE CAN START THE SESSION PROMPTLY)
24	CHRISTMAS WEEK	-	NO SESSION PLANNED
31	NEW YEARS EVE	-	NO SESSION PLANNED
JAN			
7	***Club Run Session*** This will be our third and last Club Run session with the EA coach. Details will be explained on the night	RJ2 GS LW	VENUE- STATION ROAD INDUSTRIAL ESTATE, AMPHILL MK45 2RB-PARK AT FAR END OF STATION ROAD OR AMPHILL PARK FAR CAR PARK AND JOG OVER TO STATION ROAD. A COACH WILL BE THERE AT 6.30 TO MEET YOU, WE WILL GATHER HALFWAY ALONG STATION ROAD
14	Lung Buster Session :-)) - 4 Sets (5 x 1min hard pace with 30 secs recovery between efforts) 2-2.5 mins rest between sets. Efforts should be run at high intensity with no deterioration of form. Concentrate on a relaxed, light and quick turnover.	JB CN SG	CULCHETH CENTRE, REDBOURNE SCHOOL THEN WILLOW WAY, FLITWICK (FOR THOSE WISHING TO GO STRAIGHT TO THE SESSION START POINT THERE WILL BE A COACH THERE AT 6:30 - PLEASE ENSURE YOU ARE WARMED UP FOR WHEN THE MAIN GROUP ARRIVE SO WE CAN START THE SESSION PROMPTLY)
21	Speed Repetitions - 8-10 reps from Bottom of Byron Crescent to top of Tennyson Way with easy jog down back Manor Way to start. Split into groups of equal ability. Efforts should be 95% effort concentrating on form and quick cadence.	JD MW NN	FLITWICK LEISURE CENTRE THEN CORNER STEPPINGLEY ROAD/MANOR WAY (FOR THOSE WISHING TO GO STRAIGHT TO THE SESSION START POINT THERE WILL BE A COACH THERE AT 6:30 - PLEASE ENSURE YOU ARE WARMED UP FOR WHEN THE MAIN GROUP ARRIVE SO WE CAN START THE SESSION PROMPTLY)
28	Pyramid Session - using the anti-clockwise loop - 3 sets (1,2,3,2,1) with half-time recoveries. Regroup after each effort. 2.5 mins between each set	MB BD MR	CULCHETH CENTRE, REDBOURNE SCHOOL THEN AILESBUURY ROAD, AMPHILL (FOR THOSE WISHING TO GO STRAIGHT TO THE SESSION START POINT THERE WILL BE A COACH THERE AT 6:30 - PLEASE ENSURE YOU ARE WARMED UP FOR WHEN THE MAIN GROUP ARRIVE SO WE CAN START THE SESSION PROMPTLY)
FEB			
4	Fast Finish Workout - 8 Compound Sets (2mins @10k pace/30 secs sprint) 2-2.5 mins recovery between each set.	PO JBO PM	CULCHETH CENTRE, REDBOURNE SCHOOL THEN FALLOWFIELD, AMPHILL, (FOR THOSE WISHING TO GO STRAIGHT TO THE SESSION START POINT THERE WILL BE A COACH THERE AT 6:30 - PLEASE ENSURE YOU ARE WARMED UP FOR WHEN THE MAIN GROUP ARRIVE SO WE CAN START THE SESSION PROMPTLY)
11	Short Session :-)) - 6 Sets (6 x 30secs hard/30secs regroup jog recovery) 2 mins recovery between each set.	CS GB AW SL	CULCHETH CENTRE, REDBOURNE SCHOOL, THEN WILLOW WAY, FLITWICK (FOR THOSE WISHING TO GO STRAIGHT TO THE SESSION START POINT THERE WILL BE A COACH THERE AT 6:30 - PLEASE ENSURE YOU ARE WARMED UP FOR WHEN THE MAIN GROUP ARRIVE SO WE CAN START THE SESSION PROMPTLY)
18	Hill Sprints - After a good warm-up 10 sprints to top and then jog down recovery. Effort stops when quickest runner reaches the bollards at the top.	RJ2 GS LW	FLITWICK LEISURE CENTRE THEN CHURCH ROAD, FLITWICK (FOR THOSE WISHING TO GO STRAIGHT TO THE SESSION START POINT THERE WILL BE A COACH THERE AT 6:30 - PLEASE ENSURE YOU ARE WARMED UP FOR WHEN THE MAIN GROUP ARRIVE SO WE CAN START THE SESSION PROMPTLY)
25	Increasing Time Intervals - All Out & Back Efforts with Half Time recoveries - 1 Set (1min/1min, 90secs/90secs, 2min/2min, 3min/3min, 4min/4min) - Concentrate on keeping good running form throughout session. Ideally the 3 & 4 minute efforts should be @ 10k pace.	JB CN SG	FLITWICK LEISURE CENTRE THEN CORNER STEPPINGLEY ROAD/MANOR WAY (FOR THOSE WISHING TO GO STRAIGHT TO THE SESSION START POINT THERE WILL BE A COACH THERE AT 6:30 - PLEASE ENSURE YOU ARE WARMED UP FOR WHEN THE MAIN GROUP ARRIVE SO WE CAN START THE SESSION PROMPTLY)
MAR			
3	Reducing Time Sets - Split into 2 groups using the usual 2 loops. 5 Sets with 2 mins recovery between each set... #1(3x2min with 1min recovery), #2(3x90secs with 1min recovery), #3(3x1min with 1min recovery), #4(3x45secs with 45secs recovery), #5(3x30secs with 30secs recovery)	JD MW NN	CULCHETH CENTRE, REDBOURNE SCHOOL, THEN WILLOW WAY, FLITWICK (FOR THOSE WISHING TO GO STRAIGHT TO THE SESSION START POINT THERE WILL BE A COACH THERE AT 6:30 - PLEASE ENSURE YOU ARE WARMED UP FOR WHEN THE MAIN GROUP ARRIVE SO WE CAN START THE SESSION PROMPTLY)
10	Standard Interval Session - Using the circuit Wingate Drive/Ailesbury Road. 6-8 Loops @ 5k/10k pace with 90 secs recoveries.	MB(BD) MR,ML	CULCHETH CENTRE, REDBOURNE SCHOOL, THEN AILESBUURY ROAD, AMPHILL (FOR THOSE WISHING TO GO STRAIGHT TO THE SESSION START POINT THERE WILL BE A COACH THERE AT 6:30 - PLEASE ENSURE YOU ARE WARMED UP FOR WHEN THE MAIN GROUP ARRIVE SO WE CAN START THE SESSION PROMPTLY)
17	Endurance Session - 4 Compound Sets (3 mins @10k pace/1min @5k pace) 2 mins recovery between each set. Out & Back efforts to keep whole group together.	PO JBO PM	FLITWICK LEISURE CENTRE THEN CORNER STEPPINGLEY ROAD/MANOR WAY (FOR THOSE WISHING TO GO STRAIGHT TO THE SESSION START POINT THERE WILL BE A COACH THERE AT 6:30 - PLEASE ENSURE YOU ARE WARMED UP FOR WHEN THE MAIN GROUP ARRIVE SO WE CAN START THE SESSION PROMPTLY)
24	Long Interval Session - Using the big loop around Fallowfield , Russell Drive, 6-8 long efforts @ 10k pace with 2 min recoveries.	CS GB AW SL	CULCHETH CENTRE, REDBOURNE SCHOOL, THEN FALLOWFIELD, AMPHILL (FOR THOSE WISHING TO GO STRAIGHT TO THE SESSION START POINT THERE WILL BE A COACH THERE AT 6:30 - PLEASE ENSURE YOU ARE WARMED UP FOR WHEN THE MAIN GROUP ARRIVE SO WE CAN START THE SESSION PROMPTLY)
31	Off Road Session - Split into 3 groups and work 3 different out and back efforts. 6 x 3min efforts with 90secs recovery.	RJ2 GS LW	AMPHILL PARK, MEET IN AMPHILL FOOTBALL CLUB CARPARK
APR			

7	"LUCKY DIP SESSION" - 12 separate efforts totalling 24mins. Split into groups depending on numbers & coaches & regroup after each effort. All half time recoveries.	JB CN SG	MEET MAIN AMPHILL CAR PARK, THEN OVER TO CENTRE PARCS AT STAPLES ENTRANCE (FOR THOSE WISHING TO GO STRAIGHT TO THE SESSION START POINT THERE WILL BE A COACH THERE AT 6:30 - PLEASE ENSURE YOU ARE WARMED UP FOR WHEN THE MAIN GROUP ARRIVE SO WE CAN START THE SESSION PROMPTLY)
14	Long Reps - 4-6 Laps with half time recoveries. Try to work together in groups pushing up the hill and over and then concentrating on relaxed fast leg turnover on the downhill part. (Around 10k pace)	JD MW NN	FLITWICK FOOTBALL CENTRE THEN THE FIRS (FOR THOSE WISHING TO GO STRAIGHT TO THE SESSION START POINT THERE WILL BE A COACH THERE AT 6:30 - PLEASE ENSURE YOU ARE WARMED UP FOR WHEN THE MAIN GROUP ARRIVE SO WE CAN START THE SESSION PROMPTLY)
21	Track Session - Introduction to etiquette, technique, pacing etc. Speed session planned 4 Sets (4 x 300m with 100m jog recovery & regroup). Then 4 x 200m with 200m jog recovery & regroup. Target good form and fast leg turnover etc.	MB (BD) MR,ML	REDBORNE SCHOOL "TRACK"
28	Goal 5k Race Pace Session - 6 x 400m @ goal 5k race pace with 90 secs recovery between each effort and then 6 x 400m @ goal 5k race pace with 1 minute recovery between each effort.	PO JBO PM	REDBORNE SCHOOL "TRACK"
MAY			
5	Yassoo workout - 8 x 800m at fastest even pace. With half time recovery.	CS GB AW SL	REDBORNE SCHOOL "TRACK"
12	Corner Burners 5k Track Fatigue Workout - Split into small groups of equal ability. The session is 12 continuous laps (c.5k) covering the straights & tempo part of the track. Try to go fast and concentrate on the corners. This is to keep in good form for the long effort. Please ensure the cyclists are left and not aware as track will be busy. As a result that our pace changes noticeable (pace charts will be made available for this session)	RJ2 GS LW	REDBORNE SCHOOL "TRACK"
19	VV02max Off Road Interval Session - 6 sets (2min out, 1min rest, 2min back) Split into 3/4 groups and alternate 5 different out & back routes.	JB CN SG	CHICKSANDS - ROWNEY WARREN - MEET AT FAR END CARPARK WHERE THE MOUNTAIN BIKERS ARE.
26	Speed Track Session - 3 Compound Sets (4 x 400m - 350m @ mile pace/50m sprint with 90 secs recovery between sub sets) 2-3 min rest between each set.	JD MW NN	REDBORNE SCHOOL "TRACK"
JUN			
2	5k Goal Race Pace Specific Pyramidal Session - All efforts to be run at target race pace with 1min recovery between each effort. 400m/800m/1200m/800m/400m	ME (BD) MR ML	REDBORNE SCHOOL "TRACK"
9	Hill Loop Session - After general warm up, we will use the loop from the top of the avenue down and then up the steep hill, back to the entrance gate and left back to the start. 8 laps with 2 min recovery between each.	PO JBO PM	AMPHILL PARK, MEET IN AMPHILL FOOTBALL CLUB CARPARK
16	Reducing Recovery Session - 5 x 600m @ 5k pace with reducing recoveries (2min/90secs/1min/45secs) 3 min rest the 5 x 300m @ 3k pace with same reducing recoveries.	CS GB AW SL	REDBORNE SCHOOL "TRACK"
23	5k Speed Session - 2 Sets (10 x 200m with 100m/1min jog recoveries, 4 x 100m with 100m/1min jog recoveries) 3 mins recovery between sets.	RJ2 GS LW	REDBORNE SCHOOL "TRACK"
30	Reducing Distance & Recovery/Increasing Speed Session - 1600m 2min rec/1200m 2min rec/800m 90secs rec/600m 90secs rec/400m 1min rec/300m 1min rec/200m 1min rec/100m - Start off at 10k pace and then progressively quicker throughout the session.	JB CN SG	REDBORNE SCHOOL "TRACK"
JUL			
7	Standard Track Workout - 3 Sets (2 x 600m with 90secs recovery, 2 x 300m with 1min recovery) 3 minutes rest between each set.	JD MW NN	REDBORNE SCHOOL "TRACK"
14	400M Efforts - 12 x 400m with 1 min recoveries, or if the track is not marked out 12 x 90 secs efforts in Ampthill Park.	MB (BD) MR ML	DEPENDING ON TRACK - EITHER AT REDBORNE "TRACK" - BUT TO BE CONFIRMED OR OVER AMPHILL PARK
21	5k Specific Session - Long Repeats - 6 x 1k efforts @current 5k or goal 5k race pace. (with between 1min & 90secs rec although should be able to comfortably do 1min if goal pace has been realistic) Out & back working in groups.	PO JBO PM	VENUE MARSTON - MEET IN PARKING AREA ON THE CORNER BY THE SOCIAL CLUB. WILL START SESSION JUST INSIDE THE FOREST CENTRE MAIN GATE.
28	Hilly Loops Efforts - Using a loop of approx. 0.5-0.75 mile, split into groups and complete 6 efforts with 90 secs recovery inbetween each one.	CS GB AW SL	CHICKSANDS - ROWNEY WARREN - MEET AT FAR END CARPARK WHERE THE MOUNTAIN BIKERS ARE.
AUG			
4	LUCKY DIP Session - 12 Varying efforts up to a total of around 24 minutes. Split into similar ability groups and use the loop around the Centre Parcs.	RJ2 GS LW	MEET MAIN AMPHILL CAR PARK, THEN OVER TO CENTRE PARCS AT STAPLES ENTRANCE (FOR THOSE WISHING TO GO STRAIGHT TO THE SESSION START POINT THERE WILL BE A COACH THERE AT 6:30 - PLEASE ENSURE YOU ARE WARMED UP FOR WHEN THE MAIN GROUP ARRIVE SO WE CAN START THE SESSION PROMPTLY)
11	Fartlek Session - Split into equal ability groups and using the Trophy course do a continuous run with 8 x 2mins hardish efforts with the following cruise recoveries (4/3/3/3/2/2/2) Regroup after each effort but keep moving	JB CN SG	AMPHILL PARK, MEET IN AMPHILL FOOTBALL CLUB CARPARK
18	Reducing Recovery Session - 6 x 3min out & back efforts (Total 6 efforts) - Split into 3 groups and rotate 3 different routes. Reducing recoveries (2mins/90secs/1min)	JD MW NN	AMPHILL PARK, MEET IN AMPHILL FOOTBALL CLUB CARPARK
25	Long Rep Session - 4 x 1 mile efforts. Using the outer loop which is approx 4 miles. Split into groups of equal ability and work @ 5k Pace with 2 minute recoveries between each effort. Regroup to ensure each group starts together.	MB (BD) MR ML	VENUE MARSTON - MEET IN PARKING AREA ON THE CORNER BY THE HALL THAT LOOKS LIKE A VILLAGE HALL BUT ISN'T A VILLAGE HALL. WILL START SESSION JUST INSIDE THE FOREST CENTRE MAIN GATE.
SEP			
1	Fatigue Simulation Session - 5 Sets (90secs hard, 1min rec, 90secs hard, 30secs rec, 90secs hard) 2 mins recovery between each set.	PO JBO PM	MEET MAIN AMPHILL CAR PARK, THEN OVER TO CENTRE PARCS AT STAPLES ENTRANCE (FOR THOSE WISHING TO GO STRAIGHT TO THE SESSION START POINT THERE WILL BE A COACH THERE AT 6:30 - PLEASE ENSURE YOU ARE WARMED UP FOR WHEN THE MAIN GROUP ARRIVE SO WE CAN START THE SESSION PROMPTLY)
8	Cross Country Prep Session - Split into equal ability groups and start at bottom of hill by fishing lake. 5-6 efforts going up the sweeping hill to the top and then pushing on left across the ridge to the top of the middle hill. Regroup and then jog back down the middle hill back to starting position.	CS GB AW SL	AMPHILL PARK, MEET IN AMPHILL FOOTBALL CLUB CARPARK
15	Long Hill Efforts - 10 efforts to the top. Effort ends when quickest runner reaches bollards at the top to ensure everyone does equal effort. Then jog down recovery.	RJ2 GS LW	FLITWICK FOOTBALL CENTRE THEN CHURCH ROAD, FLITWICK (FOR THOSE WISHING TO GO STRAIGHT TO THE SESSION START POINT THERE WILL BE A COACH THERE AT 6:30 - PLEASE ENSURE YOU ARE WARMED UP FOR WHEN THE MAIN GROUP ARRIVE SO WE CAN START THE SESSION PROMPTLY)

New Schedule to be added

post Covid Restrictions

22	Long Sting in the Tail Session - Start at bottom of Aragon Road, 10 mile pace to bottom of Russell Drive and then push hard up the hill to top of Aragon Road. Slow jog/walk (2-2.5 mins) back to start. Split into groups of equal ability.	JB CN SG	FLITWICK FOOTBALL CENTRE THEN FALLOWFIELD, AMPHILL (FOR THOSE WISHING TO GO STRAIGHT TO THE SESSION START POINT THERE WILL BE A COACH THERE AT 6:30 - PLEASE ENSURE YOU ARE WARMED UP FOR WHEN THE MAIN GROUP ARRIVE SO WE CAN START THE SESSION PROMPTLY)
29	5k Paced Session - 6 loops Willow Way (60-90secs rec) & 6 loops Gravel Pit/Orchard/Water Lane & Elmwood (60-90secs rec) - Pacing to be around or slightly faster than 5k pace	JD MW NN	FLITWICK FOOTBALL CENTRE THEN WILLOW WAY, FLITWICK
OCT			
6	HEADTORCH SESSION - Half Mile Reps. 8x 0.5 mile reps with 90 secs recovery in between each effort. Split into equal ability groups and work @ 5k-10k pace.	MB (BD) MR ML	VENUE MARSTON - MEET IN PARKING AREA ON THE CORNER BY THE HALL THAT LOOKS LIKE A VILLAGE HALL BUT ISN'T A VILLAGE HALL. WILL START SESSION JUST INSIDE THE FOREST CENTRE MAIN GATE.
13	Endurance Based Double Pyramid Session - All out & back to keep everyone together. (2mins/2mins, 3mins/3mins, 4mins/4mins, 3mins/3mins, 2mins/2mins) All half time recoveries.	PO JBO PM	FLITWICK FOOTBALL CENTRE THEN CORNER STEPPINGLEY ROAD/MANOR WAY (FOR THOSE WISHING TO GO STRAIGHT TO THE SESSION START POINT THERE WILL BE A COACH THERE AT 6:30 - PLEASE ENSURE YOU ARE WARMED UP FOR WHEN THE MAIN GROUP ARRIVE SO WE CAN START THE SESSION PROMPTLY)
20	Double Trouble Session - 4 x 2 loops of usual circuit (Total 0.80mile) at approximately 10k pace. Work at keeping laps even paced throughout.	CS GB AW SL	FLITWICK FOOTBALL CENTRE THEN FALLOWFIELD, AMPHILL (FOR THOSE WISHING TO GO STRAIGHT TO THE SESSION START POINT THERE WILL BE A COACH THERE AT 6:30 - PLEASE ENSURE YOU ARE WARMED UP FOR WHEN THE MAIN GROUP ARRIVE SO WE CAN START THE SESSION PROMPTLY)
27	Reducing Time/Increasing Speed Session - 1 Set - all half time recoveries and Out & Back to keep group(s) together. 4min/4min @ Half Marathon pace, 3min/3min @ 10mile pace, 2min/2min @ 10k pace, 90secs/90secs @ 5k pace, 1min/1min @ 3k pace, 30secs/30secs @ Mile pace.	RJ2 GS LW	FLITWICK FOOTBALL CENTRE THEN CORNER STEPPINGLEY ROAD/MANOR WAY (FOR THOSE WISHING TO GO STRAIGHT TO THE SESSION START POINT THERE WILL BE A COACH THERE AT 6:30 - PLEASE ENSURE YOU ARE WARMED UP FOR WHEN THE MAIN GROUP ARRIVE SO WE CAN START THE SESSION PROMPTLY)
NOV			
3	"Sting in the Tail" session ; -) - Long Loops with finishing Hill Sprint - 6 Efforts approx 1k - 2mins jog down recovery. Start a bottom of Ailesbury Hill. Loop clockwise round Wingate Drive and up to top of Ailesbury Hill. Work together in groups.	JB CN SG	FLITWICK FOOTBALL CENTRE THEN FALLOWFIELD, AMPHILL (FOR THOSE WISHING TO GO STRAIGHT TO THE SESSION START POINT THERE WILL BE A COACH THERE AT 6:30 - PLEASE ENSURE YOU ARE WARMED UP FOR WHEN THE MAIN GROUP ARRIVE SO WE CAN START THE SESSION PROMPTLY)
10	Step Down Session - 4 Sets (3min @ 10k pace, 90secs rec, 2min @ 5k pace , 90secs rec, 1 min @ hard pace) 2-2.5 mins recovery between each set.	JD MW NN	FLITWICK FOOTBALL CENTRE THEN FALLOWFIELD, AMPHILL (FOR THOSE WISHING TO GO STRAIGHT TO THE SESSION START POINT THERE WILL BE A COACH THERE AT 6:30 - PLEASE ENSURE YOU ARE WARMED UP FOR WHEN THE MAIN GROUP ARRIVE SO WE CAN START THE SESSION PROMPTLY)
17	Keep Movin' Session - 8 x 1min efforts from Chaucey Way to top of Tinn Rd, quick regroup and then effort down Manor Way back to start. 1 min recovery between loops.	MB (BD) MR ML	FLITWICK FOOTBALL CENTRE THEN CORNER STEPPINGLEY ROAD/MANOR WAY (FOR THOSE WISHING TO GO STRAIGHT TO THE SESSION START POINT THERE WILL BE A COACH THERE AT 6:30 - PLEASE ENSURE YOU ARE WARMED UP FOR WHEN THE MAIN GROUP ARRIVE SO WE CAN START THE SESSION PROMPTLY)
24	Speed 45 Session - 3 Sets (5 x 1min efforts close to maximal effort 1min recovery) 2-2.5mins recovery between sets.	PO JBO PM	FLITWICK FOOTBALL CENTRE THEN FALLOWFIELD, AMPHILL (FOR THOSE WISHING TO GO STRAIGHT TO THE SESSION START POINT THERE WILL BE A COACH THERE AT 6:30 - PLEASE ENSURE YOU ARE WARMED UP FOR WHEN THE MAIN GROUP ARRIVE SO WE CAN START THE SESSION PROMPTLY)
DEC			
1	8 x half(ish) mile loops with 90 secs recovery between each loop - starting at bottom of Chaucey Way up Byron Crescent dog leg to the top and down Manor Way and stop at the corner with Byron Crescent. Slow jog to start.	CS GB AW SL	FLITWICK FOOTBALL CENTRE THEN CORNER STEPPINGLEY ROAD/MANOR WAY (FOR THOSE WISHING TO GO STRAIGHT TO THE SESSION START POINT THERE WILL BE A COACH THERE AT 6:30 - PLEASE ENSURE YOU ARE WARMED UP FOR WHEN THE MAIN GROUP ARRIVE SO WE CAN START THE SESSION PROMPTLY)

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