

AFF - Speed Session Coaching Schedule for January 2022 to December 2022

Coaching Objectives

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 races. 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.

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.

Please contact Martin Lees at mblees007@gmail.com for any questions on the coaching schedule, sessions, locations etc.

New Venue: Frogghall Wood, Along Railway Track, Flitwick

Route to: From FLC, down Frogghall Rd, turn left immediately before Railway Bridge

Location: <https://what3words.com/mincing.forever.crumbles>

New Venue: Poppy Drive, Ampthill

Route to: From Redborne, past north entrance, turn right down poppy drive to Abbey Lane. We

meet and warm-up in the cul-de-sac 'Coltsfoot Corner'

Location: <https://what3words.com/interests.ascendant.villas>

Key to Active Tuesday Night Club Coaches

Level 1/LiRF	Level 2
MW - Mark Waine	JB - Jeremy Bell
MR - Mark Rouse	RJ2 - Richie Jones
JBO - Jon Bowler	MB - Mark Billington
ML - Martin Lees	NR - Nick Rimmer
SL - Siobhan Lees	PO - Paul Owen
PM - Phil Mead	
CN - Chris Newnham	
BOM - Brendan O'Mahoney	Level 3
GS - Giles Shorley	DS - Dave Sedgley
Meeting Points / Car Parking	
Flitwick Leisure Centre (under covered area to side of main entrance)	https://w3w.co/gravitate.heat.private
Redborne South Car Park	https://w3w.co/slogans.grad.swimsuits
Amphill Park West Car Park	https://w3w.co/treble.correctly.snipped
Marston Social Club	https://w3w.co/skirt.refusals.blindfold
Chicksands Bike Park	https://w3w.co/give.automate.revised
Amphill / Hub Car Park	https://w3w.co/nylon.twisting.hubcaps
For those wishing to go straight to the session start point, there will be a coach there at 18:30. Please ensure you're warmed up for when the main group arrive so we can start promptly.	

Coached Sessions

	Description of the Session	Coaches (1st stated is lead coach)	Meeting Point & Session Venue
JAN			
4	"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.	RJ2 & PM	REDBOURNE SCHOOL, THEN AILESBUARY ROAD, AMPHILL - SESSION STARTS 18:30HRS PROMPT. PLEASE NOTE: WE WILL NOW LEAVE REDBORNE SCHOOL SOUTH CAR PARK AT 18:15HRS TO RUN TO THE SESSION VENUE AT AILESBUARY ROAD, AMPHILL IN 15MINUTES SO WE START ON TIME. THIS IS A CHALLENGING ~1.3MILE UP-HILL RUN. ALTERNATIVE CAR PARKING IS AT WAITROSE (IN THE SLOTS MARKED WITH A 'M') FOR 4HRS OR OTHER SPACES FOR 1.5HRS - BUT PLEASE CHECK AS THE TOWN COUNCIL HAVE BEEN KNOW TO MAKE CHANGES.
11	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.	MB, MR & GS	FLITWICK LEISURE CENTRE THEN WILLOW WAY, FLITWICK
18	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	NR, ML & BOM	REDBORNE SCHOOL SOUTH CAR PARK THEN FALLOWFIELD, AMPHILL,
25	Speed Reiterations - 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.	PO, JBO & CN	FLITWICK LEISURE CENTRE THEN CORNER STEPPINGLEY ROAD/MANOR WAY
FEB			
1	Fast Finish Workout - 8 Compound Sets (2mins @10k pace/30 secs sprint) 2-2.5 mins recovery between each set.	JB, MW & SL	REDBORNE SCHOOL SOUTH CAR PARK THEN FALLOWFIELD, AMPHILL,
8	Short Session: 6 Sets (each set comprises 6 x 30secs hard then a 30sec regroup jog recovery). 90secs recovery between each set.	RJ2 & PM	FLITWICK LEISURE CENTRE THEN WILLOW WAY, FLITWICK
15	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.	MB, MR & GS	FLITWICK LEISURE CENTRE THEN CHURCH ROAD, FLITWICK
22	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.	NR, ML & BOM	REDBORNE SCHOOL SOUTH CAR PARK THEN POPPY DRIVE WHERE IT MEETS ABBEY ROAD
MAR			
1	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)	PO, JBO & CN	FLITWICK LEISURE CENTRE THEN WILLOW WAY, FLITWICK
8	Standard Interval Session - Using the circuit Wingate Drive/Ailesbury Road. 6-8 Loops @ 5k/10k pace with 90 secs recoveries.	JB, MW & SL	REDBOURNE SCHOOL, THEN AILESBUARY ROAD, AMPHILL - SESSION STARTS 18:30HRS PROMPT. PLEASE NOTE: WE WILL NOW LEAVE REDBORNE SCHOOL SOUTH CAR PARK AT 18:15HRS TO RUN TO THE SESSION VENUE AT AILESBUARY ROAD, AMPHILL IN 15MINUTES SO WE START ON TIME. THIS IS A CHALLENGING ~1.3MILE UP-HILL RUN. ALTERNATIVE CAR PARKING IS AT WAITROSE (IN THE SLOTS MARKED WITH A 'M') FOR 4HRS OR OTHER SPACES FOR 1.5HRS - BUT PLEASE CHECK AS THE TOWN COUNCIL HAVE BEEN KNOW TO MAKE CHANGES.
15	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.	RJ2 & PM	REDBORNE SCHOOL SOUTH CAR PARK THEN POPPY DRIVE WHERE IT MEETS ABBEY ROAD

22	Long Interval Session - Using the big loop around Fallowfield , Russell Drive, 6-8 long efforts @ 10k pace with 2 min recoveries.	MB, MR & GS	REDBOURNE SCHOOL, THEN FALLOWFIELD, AMPHILL
29	Off Road Session - Split into 3 groups and work 3 different out and back efforts. 6 x 3min efforts with 90secs recovery.	NR, ML & BOM	AMPHILL PARK, MEET IN AMPHILL PARK WEST CAR PARK
APR			
5	"LUCKY DIP SESSION" - 12 separate efforts totalling 24mins. Split into groups depending on numbers & coaches & regroup after each effort. All half time recoveries.	PO, JBO & CN	MEET AMPHILL PARK WEST CAR PARK, THEN OVER TO CENTRE PARCS AND MEET BEHIND THE MOUND https://what3words.com/budding.huts.discussed
12	Long Reps - 4-5 Laps (~0.8mile loop) with half time recoveries. Try to work together in groups concentrating on a consistent 5k pace.	JB, MW & SL	FLITWICK LEISURE CENTRE THEN OVER TO FROGHALL WOOD - MEET AT FOOTBRIDGE OVER TO STATION ROAD INDUSTRIAL ESTATE PLEASE NOTE THAT THERE IS NO CAR PARKING NEAR TO THE VENUE
19	Track Session - Introduction to etiquette, technique, pacing etc. Speed session planned 2-4 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.	RJ2 & PM	REDBORNE SCHOOL SOUTH CAR PARK THEN OVER TO THE TRACK
26	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.	MB, MR & GS	REDBORNE SCHOOL SOUTH CAR PARK THEN OVER TO THE TRACK
MAY			
3	Yassoo workout - 8 x 800m at fastest even pace. With half time recovery.	NR, ML & BOM	REDBORNE SCHOOL SOUTH CAR PARK THEN OVER TO THE TRACK
10	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.	PO, JBO & CN	CHICKSANDS - ROWNEY WARREN - MEET AT FAR END CARPARK WHERE THE MOUNTAIN BIKERS ARE.
17	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.	JB, MW & SL	REDBORNE SCHOOL SOUTH CAR PARK THEN OVER TO THE TRACK
24	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.	RJ2 & PM	REDBORNE SCHOOL SOUTH CAR PARK THEN OVER TO THE TRACK
31	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.	MB, MR & GS	REDBORNE SCHOOL SOUTH CAR PARK THEN OVER TO THE TRACK
JUN			
7	5k Goal Race Pace Specific Pyramid Session - All efforts to be run at target 5k race pace with 1min recovery between each effort. 400m/800m/1200m/1600m/1200m/800m/400m	NR, ML & BOM	REDBORNE SCHOOL SOUTH CAR PARK THEN OVER TO THE TRACK
14	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 & CN	AMPHILL PARK WEST CAR PARK
21	Week 1 of the 5k Training Session: Lactate threshold tolerance; increase speed (but with high lactate) 3 x 1 mile (Tempo pace) – 2 min recovery 4 x 200m (Rep pace) – 200m jog recovery	JB, MW & SL	REDBORNE SCHOOL SOUTH CAR PARK THEN OVER TO THE TRACK
28	Week 2 of the 5k Training Session: Increase speed (slightly faster than race pace) 12 x 400m (Rep pace) – 60 sec recovery	RJ2 & PM	REDBORNE SCHOOL SOUTH CAR PARK THEN OVER TO THE TRACK
JUL			
5	Week 3 of the 5k Training Session: Increase speed; lactate threshold tolerance; increase speed (but with high lactate) 4 x 400m (Rep pace) – 2 min recovery 3 x 800m (Tempo pace) – 1 min recovery 4 x 200m (Rep pace) – 2 min recovery	MB, MR & GS	REDBORNE SCHOOL SOUTH CAR PARK THEN OVER TO THE TRACK
12	Week 4 of the 5k Training Session: Race preparation – aim is to be 5s per 1k faster than race pace 4 x 1200m (Rep pace) – 90 sec recovery	NR, ML & BOM	FLITWICK LEISURE CENTRE THEN OVER TO FROGHALL WOOD - MEET AT FOOTBRIDGE OVER TO STATION ROAD INDUSTRIAL ESTATE PLEASE NOTE THAT THERE IS NO CAR PARKING NEAR TO THE VENUE
19	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 & CN	VENUE MARSTON - MEET IN PARKING AREA OF MARSTON SOCIAL CLUB. WE WILL START THE SESSION JUST INSIDE THE FOREST CENTRE MAIN GATE.
26	Hilly Loops Efforts - Using a loop of approx. 0.5-0.75 mile, split into groups and complete 6 efforts with 90 secs recovery in between each one.	JB, MW & SL	CHICKSANDS - ROWNEY WARREN - MEET AT FAR END CARPARK WHERE THE MOUNTAIN BIKERS ARE.
AUG			
2	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 & PM	MEET AMPHILL PARK WEST CAR PARK, THEN OVER TO CENTRE PARCS AND MEET BEHIND THE MOUND https://what3words.com/budding.huts.discussed
9	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	MB, MR & GS	AMPHILL PARK, MEET IN AMPHILL PARK WEST CARPARK
16	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)	NR, ML & BOM	AMPHILL PARK, MEET IN AMPHILL PARK WEST CARPARK

23	Long Rep Session - Using the outer loop which is approx 4 miles, Split into groups of equal ability and run for 4minutes @ 5k Pace with 2 minute recoveries between each effort. Regroup to ensure each group starts together.	PO, JBO & CN	FLITWICK LEISURE CENTRE THEN OVER TO FROGHALL WOOD - MEET AT FOOTBRIDGE OVER TO STATION ROAD INDUSTRIAL ESTATE PLEASE NOTE THAT THERE IS NO CAR PARKING NEAR TO THE VENUE
30	Fatigue Simulation Session - 5 Sets (90secs hard, 1min rec, 90secs hard, 30secs rec, 90secs hard) 2 mins recovery between each set.	JB, MW & SL	MEET IN AMPHILL PARK WEST CARPARK, THEN OVER TO CENTRE PARCS MEETING BEHIND THE MOUND NEAR THE MILLBROOK ROUNDABOUT
SEP			
6	Off-road Long Long Hill 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.	RJ2 & PM	AMPHILL PARK, MEET IN AMPHILL PARK WEST CARPARK
13	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.	MB, MR & GS	FLITWICK LEISURE CENTRE THEN CHURCH ROAD, FLITWICK
20	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.	NR, ML & BOM	MEET AT REDBORNE SOUTH CAR PARK THEN FALLOWFIELD, AMPHILL
27	5k Paced Session - 6 loops Willow Way (60-90secs rec) & 6 loops Gravel Pit/Orchard/Water Lne & Elmwood (60-90secs rec) - Pacing to be around or slightly faster than 5k pace	PO, JBO & CN	FLITWICK LEISURE CENTRE THEN WILLOW WAY, FLITWICK
OCT			
4	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.	JB, MW & SL	VENUE MARSTON - MEET IN PARKING AREA OF MARSTON SOCIAL CLUB. WE WILL START THE SESSION JUST INSIDE THE FOREST CENTRE MAIN GATE.
11	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.	RJ2 & PM	FLITWICK LEISURE CENTRE THEN CORNER STEPPINGLEY ROAD/MANOR WAY
18	Double Trouble Session - 4 x 2 loops of usual circuit (Total 0.80mile) at approximately 10k pace. Work at keeping laps even paced throughout.	MB, MR & GS	MEET AT REDBORNE SOUTH CAR PARK THEN FALLOWFIELD, AMPHILL
25	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.	NR, ML & BOM	FLITWICK LEISURE CENTRE THEN CORNER STEPPINGLEY ROAD/MANOR WAY
NOV			
1	Hill Interval Training Session - 18 times up the hill & jog recovery back down	PO, JBO & CN	REDBOURNE SCHOOL, THEN AILESBUARY ROAD, AMPHILL - SESSION STARTS 18:30HRS PROMPT. PLEASE NOTE: WE WILL NOW LEAVE REDBORNE SCHOOL SOUTH CAR PARK AT 18:15HRS TO RUN TO THE SESSION VENUE AT AILESBUARY ROAD, AMPHILL IN 15MINUTES SO WE START ON TIME. THIS IS A CHALLENGING ~1.3MILE UP-HILL RUN. ALTERNATIVE CAR PARKING IS AT WAITROSE (IN THE SLOTS MARKED WITH A 'M') FOR 4HRS OR OTHER SPACES FOR 1.5HRS - BUT PLEASE CHECK AS THE TOWN COUNCIL HAVE BEEN KNOW TO MAKE CHANGES.
8	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.	JB, MW & SL	MEET AT REDBORNE SOUTH CAR PARK THEN FALLOWFIELD, AMPHILL
15	Keep Movin' Session - 8 laps with 10k pace from Chaucer Rd to top of Tennyson Rd, quick regroup and cruise effort down Manor Way back to start. No recovery between loops.	RJ2 & PM	FLITWICK LEISURE CENTRE THEN CORNER STEPPINGLEY ROAD/MANOR WAY
22	Speed 45 Session - 3 Sets (5 x 1min efforts close to maximal effort 1min recovery) 2-2.5mins recovery between sets.	MB, MR & GS	MEET AT REDBORNE SOUTH CAR PARK THEN FALLOWFIELD, AMPHILL
29	8 x half(ish) mile loops with 90 secs recovery between each loop - starting at bottom of Chaucer 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.	NR, ML & BOM	FLITWICK LEISURE CENTRE THEN CORNER STEPPINGLEY ROAD/MANOR WAY
DEC			
6	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 & CN	FLITWICK LEISURE CENTRE THEN CORNER STEPPINGLEY ROAD/MANOR WAY
13	HEADTORCH SESSION - Mile Reps. 3-4 x mile reps with 2 mins recovery between each effort. Split into equal ability groups and work @ 10k pace.	JB, MW & SL	VENUE MARSTON - MEET IN PARKING AREA OF MARSTON SOCIAL CLUB. WE WILL START THE SESSION JUST INSIDE THE FOREST CENTRE MAIN GATE.