

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	Meeting Point & Session Venue
		(1st stated is lead coach)	
AUG			
2	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)	RJ2 & PM	THE FIRS, MEET IN AMPHILL PARK WEST CAR PARK THEN CROSS OVER ROAD TO THE TRAIL NEXT TO AMPHILL RUGBY CLUB
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 (4/3/3/2/2/2). 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	Session to be confirmed	JB, MW & SL	Location to be confirmed
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 AILESBUURY 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 AILESBUURY 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.