

AFF - Speed Session Coaching Schedule for December 2023 to December 2024

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.

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>

Venue: Poppy Drive, Ampt Hill

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

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

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

Key to Active Tuesday Night Club Coaches

Level 1/LiRF	Level 2
MW - Mark Waive	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	CS - Christine Sharman
BOM - Brendan O'Mahoney	PS - Paul Squires
	CN - Chris Newnham
	Level 3
	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
Ampt Hill 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
Ampt Hill / Hub Car Park	https://w3w.co/nylon.twisting.hubcaps
Wrest Park near house	https://w3w.co/brimmed.professes.shopping
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			
2	"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.	NR, PS, ML	REDBORNE SCHOOL, THEN AILESBUARY ROAD, AMPTHILL - 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, AMPTHILL 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.
9	Lung Buster Session - 4 Sets (5 x 1min hard pace with 30 secs active recovery between efforts e.g. slow jog) 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. <i>Coach Note: Need the warm-up to increase heart rate e.g. loops then progressive strides at the end.</i>	PO, JBO & CN	FLITWICK LEISURE CENTRE THEN WILLOW WAY, FLITWICK
16	Pyramid Session - using the anti-clockwise loop: 3 sets (1,2,3,2,1) with half-time recoveries. Regroup after each effort. 2 min active recovery between each set	JB, MW & SL	REDBORNE SCHOOL SOUTH CAR PARK THEN FALLOWFIELD, AMPTHILL,
23	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.	RJ2, CS & PM	FLITWICK LEISURE CENTRE THEN CORNER STEPPINGLEY ROAD/MANOR WAY
30	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)	MB, MR, BOM	FLITWICK LEISURE CENTRE THEN WILLOW WAY, FLITWICK
FEB			
6	Fast Finish Workout - 8 Compound Sets (2mins @10k pace/30 secs sprint) 2.5 mins recovery between each set.	NR, PS, ML	REDBORNE SCHOOL SOUTH CAR PARK THEN FALLOWFIELD, AMPTHILL,
13	Standard Interval Session - Using the circuit Wingate Drive/Ailesbury Road. 6-8 Loops @ 5k/10k pace with 90 secs recoveries.	PO, JBO & CN	REDBORNE SCHOOL, THEN AILESBUARY ROAD, AMPTHILL - 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, AMPTHILL 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.
20	Hill Sprints - After a good warm-up 6 sprints to half-way point (marked by coach) and then jog down recovery. Effort stops when quickest runner reaches the half way point. Then 6 sprints to the top and jog recovery down. Effort stops when quickest runner reaches bollards at the top.	JB, MW & SL	FLITWICK LEISURE CENTRE THEN CHURCH ROAD, FLITWICK
27	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.	RJ2, CS & PM	REDBORNE SCHOOL SOUTH CAR PARK THEN POPPY DRIVE WHERE IT MEETS ABBEY ROAD
MAR			
5	Long Interval Session - Using the big loop around Fallowfield , Russell Drive, 6-8 long efforts @ 10k pace with 2 min recoveries.	MB, MR, BOM	REDBORNE SCHOOL, THEN FALLOWFIELD, AMPTHILL
12	Short Session: 6 Sets (each set comprises 6 x 30secs hard then a 30sec regroup jog recovery). 90secs recovery between each set.	NR, PS, ML	FLITWICK LEISURE CENTRE THEN WILLOW WAY, FLITWICK
19	Finish Faster Session - 6 Compound Sets (2 mins @10k pace/1min @5k pace) 1.5 mins recovery between each set. Out & Back efforts to keep whole group together.	PO, JBO & CN	REDBORNE SCHOOL SOUTH CAR PARK THEN POPPY DRIVE WHERE IT MEETS ABBEY ROAD
26	Off Road Session - Split into 3 groups and work 3 different out and back efforts. 6 x 3min efforts with 90secs recovery.	JB, MW & SL	AMPTHILL PARK, MEET IN AMPTHILL PARK WEST CAR PARK

APR			
2	"LUCKY DIP SESSION" - 12 separate efforts totalling 24mins. Split into groups depending on numbers & coaches & regroup after each effort. All half time recoveries.	RJ2, CS & PM	MEET AMPHILL PARK WEST CAR PARK, THEN OVER TO CENTRE PARCS AND MEET BEHIND THE MOUND https://what3words.com/budding.huts.discussed
9	Long Reps - 4-5 Laps (~0.8mile loop) with half time recoveries. Try to work together in groups concentrating on a consistent 5k pace.	MB, MR, 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
16	Track Session - Introduction to etiquette, technique, pacing etc. Speed session planned 3 Sets: (4 x 300m with 100m jog recovery & regroup), 2mins Recovery between each set. Followed by 4 x 200m with 200m jog recovery & regroup. Target good form and fast leg turnover etc.	NR, PS, ML	REDBORNE SCHOOL SOUTH CAR PARK THEN OVER TO THE TRACK
23	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 & CN	REDBORNE SCHOOL SOUTH CAR PARK THEN OVER TO THE TRACK
30	Yassoo workout - 8 x 800m at fastest even pace. With half time recovery.	JB, MW & SL	REDBORNE SCHOOL SOUTH CAR PARK THEN OVER TO THE TRACK
MAY			
7	Parlaufs Continuous Relay - Split into pairs of similar ability (Runner A & Runner B). Runner A starts at normal track start line. Runner B waits at top end of track at 300m point (or 100m from normal track start/finish line). Runner A runs 300 metres anti-clockwise as normal on track and tags Runner B who was already standing on the track at the 300m point. Runner B runs 300m clockwise. Whilst Runner B is running clockwise, Runner A jogs back 100m anti-clockwise such that they meet and tag when runner B has finished their first 300m effort. When they Tag Runner A does 300m anti-clockwise whilst Runner B jogs back 100 metres until they tag and so on until both runners have done the prescribed amount of efforts. Note: when runners jog back do this on inside of track so as not to impede runners and also be careful when stepping back on track. <u>Plan is for each runner to complete 10-12 repetitions.</u>	RJ2, CS & PM	REDBORNE SCHOOL SOUTH CAR PARK THEN OVER TO THE TRACK
14	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.	MB, MR, BOM	WREST PARK - PARK NEAR THE AVENUE KITCHEN CAFÉ AND MEET AT CORNER OF PARK AVENUE. https://w3w.co/blesses.behalf.eyeful
21	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.	NR, PS, ML	REDBORNE SCHOOL SOUTH CAR PARK THEN OVER TO THE TRACK
28	Speed Track Session - 3 Compound Sets (4 x 400m - 350m @ mile pace/50m sprint with 90 secs recovery between sub sets) 3 min rest between each set.	PO, JBO & CN	REDBORNE SCHOOL SOUTH CAR PARK THEN OVER TO THE TRACK
JUN			
4	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	JB, MW & SL	REDBORNE SCHOOL SOUTH CAR PARK THEN OVER TO THE TRACK
11	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.	RJ2, CS & PM	AMPHILL PARK WEST CAR PARK
18	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	MB, MR, BOM	REDBORNE SCHOOL SOUTH CAR PARK THEN OVER TO THE TRACK
25	Week 2 of the 5k Training Session: Increase speed (slightly faster than race pace) 12 x 400m (Rep pace) – 60 sec recovery	NR, PS, ML	REDBORNE SCHOOL SOUTH CAR PARK THEN OVER TO THE TRACK
JUL			
2	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	PO, JBO & CN	REDBORNE SCHOOL SOUTH CAR PARK THEN OVER TO THE TRACK
9	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	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
16	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.	RJ2, CS & PM	CHICKSANDS - ROWNEY WARREN - MEET AT FAR END CARPARK WHERE THE MOUNTAIN BIKERS ARE.
23	5k Specific Session - Long Repeats - 6 x 1k efforts @current 5k or goal 5k race pace. (with 90secs rec although should be able to comfortably do 1min if goal pace has been realistic) Out & back working in groups.	MB, MR, BOM	VENUE MARSTON - MEET IN PARKING AREA ON THE CORNER BY THE HALL THAT LOOKS LIKE A VILLAGE HALL BUT ISN'T A VILLAGE HALL. WE WILL START THE SESSION JUST INSIDE THE FOREST CENTRE MAIN GATE. WARNING: PARKING NEAR GATE REQUIRES A CAR PARK TICKET
30	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)	NR, PS, ML	THE FIRS, MEET IN AMPHILL PARK WEST CAR PARK THEN CROSS OVER ROAD TO THE TRAIL NEXT TO AMPHILL RUGBY CLUB

AUG			
6	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). Regroup after each effort but keep moving	PO, JBO & CN	AMPTHILL PARK, MEET IN AMPTHILL PARK WEST CARPARK
13	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)	JB, MW & SL	AMPTHILL PARK, MEET IN AMPTHILL PARK WEST CARPARK
20	Keep Movin' Session - 4-5 laps (circa 1200m each lap) with 10k pace starting at Railway bridge and running anti-clockwise. Regroup at path intersection and jog effort recovery back to Railway bridge to start again. Note for Coaches: 1 needs to be at railway bridge and 1 at finish. The one at finish can tell runners who have finished to head back to FLC. Anyone going over bridge to consider some runners may still be completing their sessions. Coaches to make them aware to be considerate. Also coaches to watch / warn any walkers / bikers that session underway and runners coming anti-clockwise multiple times.	RJ2, CS & PM	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
27	Out & Back Challenge - Starting at Katherines Cross and Splitting in to 3 groups: Head Out doing 4 * 1min efforts with 30sec keep moving, walk in circles, recovery between efforts (Total Out = 6mins). Then it's a challenge to get back to finish at Katherines Cross in 4mins. 1 minute break then repeat for 3min (Out = 4.5min), 2min (Out = 3min) and 1min (Out-1.5mins).	MB, MR, BOM	AMPTHILL PARK, MEET IN AMPTHILL PARK WEST CARPARK
SEP			
3	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.	NR, PS, ML	AMPTHILL PARK, MEET IN AMPTHILL PARK WEST CARPARK
10	Hill Interval Training Session - Kenyan Type Hill Session: 3 Sets (8min continuous running - aiming for same pace up and down the hill), 2min recovery between the sets.	PO, JBO & CN	REDBORNE SCHOOL, THEN AILESBUURY ROAD, AMPTHILL - 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, AMPTHILL 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 KNOWN TO MAKE CHANGES.
17	Speed 45 Session - 3 Sets (5 x 45 second efforts close to maximal effort with 1min recovery) 2.5mins recovery between sets.	JB, MW & SL	MEET AT REDBORNE SOUTH CAR PARK THEN FALLOWFIELD, AMPTHILL
24	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	RJ2, CS & PM	FLITWICK LEISURE CENTRE THEN WILLOW WAY, FLITWICK
OCT			
1	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, MR, BOM	VENUE MARSTON - MEET IN PARKING AREA ON THE CORNER BY THE HALL THAT LOOKS LIKE A VILLAGE HALL BUT ISN'T A VILLAGE HALL. WE WILL START THE SESSION JUST INSIDE THE FOREST CENTRE MAIN GATE. WARNING: PARKING NEAR GATE REQUIRES A CAR PARK TICKET
8	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.	NR, PS, ML	FLITWICK LEISURE CENTRE THEN CORNER STEPPINGLEY ROAD/MANOR WAY
15	Double Trouble Session - 4 x 2 loops of usual circuit (Total 0.80mile) at approximately 10k pace. Work at keeping laps even paced throughout.	PO, JBO & CN	MEET AT REDBORNE SOUTH CAR PARK THEN FALLOWFIELD, AMPTHILL
22	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.	JB, MW & SL	FLITWICK LEISURE CENTRE THEN CORNER STEPPINGLEY ROAD/MANOR WAY
29	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, CS & PM	FLITWICK LEISURE CENTRE THEN CHURCH ROAD, FLITWICK
NOV			
5	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.	MB, MR, BOM	FLITWICK LEISURE CENTRE THEN CORNER STEPPINGLEY ROAD/MANOR WAY
12	Step Down Session - 4 Sets (3min @10k pace, 90secs rec, 2min @ 5k pace, 90secs rec, 1 min @ hard pace) 2.5 mins recovery between each set.	NR, PS, ML	MEET AT REDBORNE SOUTH CAR PARK THEN FALLOWFIELD, AMPTHILL
19	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.	PO, JBO & CN	FLITWICK LEISURE CENTRE THEN CORNER STEPPINGLEY ROAD/MANOR WAY
26	Long Sting in the Tail Session (SHORT LOOP) - 8 Laps. Start at bottom of ARAGON Road, 10 mile pace to bottom of Russell Drive, then push hard up the hill to top of Aragon Road. Slow jog/walk (2.5 mins) back to start. Split into groups of equal ability.	JB, MW & SL	MEET AT REDBORNE SOUTH CAR PARK THEN FALLOWFIELD, AMPTHILL
DEC			
3	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	RJ2, CS & PM	FLITWICK LEISURE CENTRE THEN CORNER STEPPINGLEY ROAD/MANOR WAY
10	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.	MB, MR, BOM	VENUE MARSTON - MEET IN PARKING AREA ON THE CORNER BY THE HALL THAT LOOKS LIKE A VILLAGE HALL BUT ISN'T A VILLAGE HALL. WE WILL START THE SESSION JUST INSIDE THE FOREST CENTRE MAIN GATE. WARNING: PARKING NEAR GATE REQUIRES A CAR PARK TICKET
17	NO SESSION PLANNED		XMAS SHOPPING
24	NO SESSION PLANNED		HAPPY XMAS
31	NO SESSION PLANNED		HAPPY NEW YEAR