

2026 AFF Coaching Schedule

Coaching Objectives

Please see Website for detailed 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.

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

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	Session Coaches		
	MB, JBO, ML PO, HL CN, NRW JB, MW RJ2, PM	Mark Billington, Jon Bowler, Martin Lees Paul Owen, Henry Lynn Chris Newnham, Nicola Rose-Walton Jeremy Bell, Mark Waine Richard Jones, Phil Mead	

	Date	Session Description	Adaptation: Additional Effort	Adaptation: Reduced Effort	Coaches	Session Location	Parking & Meet Point
	06-Jan	Sting in the Tail: Comprising of Long Loops with finishing Hill Sprint - 6 Efforts approx 1k. Recovery is 2min slow jog down the hill. Start at bottom of Ailesbury Hill, Loop clockwise round Wingate Drive and up to top of Ailesbury Hill. Work together in groups.	8 efforts	5 efforts	MB, JBO, ML	Ailesbury Road, Ampthill	Redborne School (South Car Park)
	13-Jan	Fast Finish Workout: 8 Compound Sets (2mins @10k pace/30 secs sprint) 2.5 mins recovery between each set.	10 Sets	6 Sets	PO, HL	Fallowfield, Ampthill	Redborne School (South Car Park)
AFF Training Block - Multiple Sessions Leading to Club Champs Half Marathon	20-Jan	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. Maintain a consistent pace on all sprints.	N/A	N/A	CN, NRW	Church Road, Flitwick	Flitwick Leisure Centre
	27-Jan	Increasing Pace Workout: 2 x 8 min @ HM pace (2 min rec); 2 x 4 min @ 10k pace (90s rec); 4 x 2 min @ 5k pace (60s rec). Use both loops as figure of 8.	N/A	2 x 2 min for final rep	JB, MW	Willow Way, Flitwick	Flitwick Leisure Centre
	03-Feb	Norwegian Singles: 4 x 4mins, 1min recovery. Half Marathon Pace.	5 x 4mins	N/A	RJ2, PM	Poppy Drive, Ampthill	Redborne School (South Car Park)
	10-Feb	Out & Back Challenge: Starting at Our Chaucer Road Session Assembly Point: 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 Chaucer Road in 4mins. 1 minute break then repeat for 3min (Out = 4.5min), 2min (Out = 3min) and 1min (Out=1.5mins).	N/A	N/A	MB, JBO, ML	Manor Way, Flitwick	Flitwick Leisure Centre
	17-Feb	Standard Interval Session: Using the circuit Wingate Drive/Ailesbury Road. 6-8 Loops @ 5k/10k pace with 90 secs recoveries.	8 Loops	6 Loops	PO, HL	Ailesbury Road, Ampthill	Redborne School (South Car Park)
	24-Feb	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	N/A	Flat pyramid top i.e. 1, 2, 2, 2, 1	CN, NRW	Fallowfield, Ampthill	Redborne School (South Car Park)
	03-Mar	Fast Pace Workout: 6 x 3 mins at 10k-5k pace with 2 min jog recovery. Out & Backs	8 x 3mins	N/A	JB, MW	Poppy Drive, Ampthill	Redborne School (South Car Park)
Marathon Training Block	10-Mar	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>	N/A	3 Sets	RJ2, PM	Willow Way, Flitwick	Flitwick Leisure Centre
	17-Mar	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.	4-6 mile reps	N/A	MB, JBO, ML	Marston Moretaine Millenium Centre	The Social Club
	24-Mar	Continuous Loops - 2 x 5 x single loop @10k race pace with 90s recoveries and 4 mins between sets. Split group into 2 to utilise both loops.	N/A	2 x 4 Loops	PO, HL	Willow Way, Flitwick	Flitwick Leisure Centre
	31-Mar	Long Interval Session: Using the big loop around Fallowfield, Russell Drive, 6-8 long efforts @ 10k pace with 2 min recoveries.	8 efforts	6 efforts	CN, NRW	Fallowfield, Ampthill	Redborne School (South Car Park)
	07-Apr	Long Reps: 4-5 Laps (~0.8mile loop) with half time recoveries. LT pace	5 Laps	4 Laps	JB, MW	Frogghall Wood, Flitwick	Flitwick Leisure Centre
	14-Apr	"LUCKY DIP SESSION": 12 separate efforts totalling 24mins. Split into groups depending on numbers & coaches & regroup after each effort. All half time recoveries.	N/A	N/A	RJ2, PM	Center Parcs	Ampthill Park West Car Park
	21-Apr	Bleep Test & Conditioning & Track Etiquette	N/A	N/A	MB, JBO, ML	Track - Redborne School	Redborne School (South Car Park)
28-Apr	Yassoo workout: 8 x 800m at fastest even pace. With half time recovery.	N/A	6 x 800m	PO, HL	Track - Redborne School	Redborne School (South Car Park)	

Club Champs
10 Mile Fred
Hughes at St
Albans (18th
January 2026)

Club Champs Half
Marathon
Berkhampstead
(1st March 2026)

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Prepare for Club Champs 5M/XC season

Date	Session Description	Effort	Recovery	Coaches	Location	Location
04-Aug	VV02max Off Road Interval Session: 6 sets (2min out, 1min rest, 2min back) Split into 3/4 groups and alternate 3 different out & back routes.	N/A	N/A	MB, JBO, ML	Chicksands	Chicksands Sandy Lane Car Park
11-Aug	"LUCKY DIP SESSION": 12 separate efforts totalling 24mins. Split into groups depending on numbers & coaches & regroup after each effort. All half time recoveries.	N/A	N/A	PO, HL	Center Parcs	Ampthill Park West Car Park
18-Aug	Reducing Recovery Session: 6 x 3min out & back efforts (Total 6 efforts) - Split into 3 groups and rotate 3 different routes (2 Out & Backs per route). Reducing recoveries (2mins/90secs/1min)	N/A	N/A	CN, NRW	Ampthill Park	Ampthill Park West Car Park
25-Aug	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).	N/A	N/A	JB, MW	Ampthill Park	Ampthill Park West Car Park
01-Sep	Downhill Running: Split into 2/3 groups and alternate 2/3 different out & back routes. Aim of the session is for steady continuous running with harder efforts on downhill sections. Coach to advise duration of efforts / session.	N/A	N/A	RJ2, PM	Chicksands	Chicksands Sandy Lane Car Park
08-Sep	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.	N/A	5 efforts	MB, JBO, ML	Ampthill Park	Ampthill Park West Car Park
15-Sep	Hill Interval Training Session: Kenyan Type Hill Session: 22min continuous running - aiming for same pace up and down the hill.	N/A	20mins of running	PO, HL	Ailesbury Road, Ampthill	Redborne School (South Car Park)
22-Sep	HEADTORCH SESSION - Half Mile Reps: 8 x 0.5 mile reps with 90 secs recovery in between each effort. Split into equal ability groups and work @ 5k-10k pace.	N/A	6 x 0.5 mile reps	CN, NRW	Marston Moretaine Millenium Centre	The Social Club
29-Sep	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.	N/A	N/A	JB, MW	Manor Way, Flitwick	Flitwick Leisure Centre
06-Oct	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.	N/A	N/A	RJ2, PM	Church Road, Flitwick	Flitwick Leisure Centre
13-Oct	Double Trouble Session: 4 x 2 loops of usual circuit (Total 0.80mile) at approximately 10k pace. Work at keeping laps even paced throughout.	N/A	N/A	MB, JBO, ML	Fallowfield, Ampthill	Redborne School (South Car Park)
20-Oct	8 x half(ish) mile loops: 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.	N/A	6-7 loops	PO, HL	Manor Way, Flitwick	Flitwick Leisure Centre
27-Oct	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	N/A	5 & 5 loops	CN, NRW	Willow Way, Flitwick	Flitwick Leisure Centre
03-Nov	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.	N/A	N/A	JB, MW	Manor Way, Flitwick	Flitwick Leisure Centre
10-Nov	Step Down Session: 4 Sets (3min @10k pace, 90secs rec, 2min @ 5k pace, 90secs rec, 1 min @ hard pace) 2 mins recovery between each set.	N/A	3 Sets	RJ2, PM	Fallowfield, Ampthill	Redborne School (South Car Park)

Club Champs
5Mile Bedford
Charity Chase
(27th September
2026)

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17-Nov	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.	N/A	6-7 laps	MB, JBO, ML	Manor Way, Flitwick	Flitwick Leisure Centre
24-Nov	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.	N/A	6-7 laps	PO, HL	Fallowfield, Ampthill	Redborne School (South Car Park)
01-Dec	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	N/A	N/A	CN, NRW	Manor Way, Flitwick	Flitwick Leisure Centre
08-Dec	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.	N/A	3 miles	JB, MW	Marston Moretaine Millenium Centre	The Social Club
15-Dec	"LUCKY DIP SESSION": 12 separate efforts totalling 24mins. Split into groups depending on numbers & coaches & regroup after each effort. All half time recoveries.	N/A	N/A	RJ2, PM	Willow Way, Flitwick	Flitwick Leisure Centre
22-Dec	XMAS LIGHTS RUN: We will leave the Leisure Centre at 18:30hrs prompt and have a leisurely run around Flitwick / Ampthill area with rest and photo stops at some of the impressive Xmas displays.	N/A	N/A	N/A	N/A	Flitwick Leisure Centre
29-Dec	No Coached Session During Christmas Week	N/A	N/A	N/A	N/A	N/A