

AFF - Speed Session Coaching Schedule for December 2021 - 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://w3w.co/demoted.migrate.overlooks>

New Venue: Poppy Drive, Ampthill

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

Location: <https://w3w.co/marching.acids.superhero>

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		https://w3w.co/gravitate.heat.private	
Redborne South Car Park		https://w3w.co/slogans.grad.swimsuits	
Ampthill Park West Car Park		https://w3w.co/treble.correctly.snipped	
Marston Pseudo Village Hall		https://w3w.co/skirt.refusals.blindfold	
Chicksands Bike Park		https://w3w.co/give.automate.revised	
Ampthill / Hub Car Park		https://w3w.co/nylon.twisting.hubcaps	

Coached Sessions

DEC	Description of the Session	Coaches		Meeting Point & Session Venue
		(1st stated is lead coach)		
7	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 (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	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 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.
21	CHRISTMAS WEEK	-		NO SESSION PLANNED
28	NEW YEARS WEEK	-		NO SESSION PLANNED
JAN				
4	Long Interval Session - 2 Sets - 1st Set (5mins @ 10 mile pace, 90secs-2mins rest, 5mins @ 10 mile pace) 2 mins rest, then 2nd Set (5mins @ 10k pace, 90secs-2mins rest, 5mins @ 10k pace)	RJ2 & PM		REDBORNE SCHOOL SOUTH CAR PARK THEN POPPY DRIVE WHERE IT MEETS ABBEY ROAD (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	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 (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	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.	NR, ML & BOM		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)
25	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	PO, JBO & CN		REDBORNE SCHOOL SOUTH CAR PARK 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				
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. (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	Short Session ; -) - 6 Sets (6 x 30secs hard/30secs regroup jog recovery) 2 mins recovery between each set.	RJ2 & PM		REDBORNE SCHOOL SOUTH CAR PARK ,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)
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 (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)
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 (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				
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 (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	Standard Interval Session - Using the circuit Wingate Drive/Ailesbury Road. 6-8 Loops @ 5k/10k pace with 90 secs recoveries.	JB, MW & SL		REDBORNE 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)

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 (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)
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, AMPTHILL (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	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	AMPTHILL PARK, MEET IN AMPTHILL 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 AMPTHILL PARK WEST 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)
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	*** NEW VENUE *** FLITWICK LEISURE CENTRE THEN OVER TO FROGHALL WOOD (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)
19	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.	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	Parlaufs Continuous Relay - Split into pairs of similar ability. Runner 1 does 300m (at 5k pace) to meet their waiting 'Runner 2' partner. Runner 2 does 300m but the opposite way and Runner 1 walks the 100m to wait for their partner before then setting off for their 300m which will be the opposite way to their first 300m. Each runner to complete 10 repetitions.	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	AMPTHILL PARK WEST CAR PARK
21	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
28	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 & PM	REDBORNE SCHOOL SOUTH CAR PARK THEN OVER TO THE TRACK
JUL			
5	Standard Track Workout - 3 Sets (2 x 600m with 90secs recovery, 2 x 300m with 1min recovery) 3 minutes rest between each set.	MB, MR & GS	REDBORNE SCHOOL SOUTH CAR PARK THEN OVER TO THE TRACK
12	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.	NR, ML & BOM	DEPENDING ON TRACK - EITHER AT REDBORNE "TRACK" - BUT TO BE CONFIRMED OR OVER AMPTHILL PARK
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 ON THE CORNER BY THE SOCIAL CLUB. WILL START 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	AMPTHILL PARK WEST CAR PARK, THEN OVER TO CENTRE PARCS MEETING BEHIND THE MOUND NEAR THE MILLBROOK ROUNDABOUT (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)
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	AMPTHILL PARK, MEET IN AMPTHILL 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	AMPTHILL PARK, MEET IN AMPTHILL 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	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.
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 (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)
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 (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	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 (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	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 (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)
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 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.
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 (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	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 (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	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 (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			
1	"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.	PO, JBO & CN	MEET AT REDBORNE SOUTH CAR PARK 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)
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 (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)
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 (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)
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 (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	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 (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			
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 (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)
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 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.