

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.

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 this coaching schedule, sessions, locations etc.

Parking & Meeting Point	https://w3w.co/gravitate.heat.private https://w3w.co/slogans.grad.swimsuits https://w3w.co/treble.correctly.snipped https://w3w.co/skirt.refusals.blindfold https://w3w.co/shipped.says.expansion https://what3words.com/balanced.forwarded.foods https://w3w.co/brimmed.professes.shopping https://what3words.com/mincing.forever.crumbles https://what3words.com/interests.ascendant.villas	Flitwick Leisure Centre Redborne South Car Park Ampthill Park West Car Park Marston Social Club Chicksands Sandy Lane Car Park Ampthill Park West Car Park Wrest Park near house Frogghall Wood, Flitwick Venue: Poppy Drive, Ampthill	From the parking location we will leave at 18:30hrs to run to the session location (unless stated otherwise). The session will start at approximately 18:45hrs.
			Session Coaches MB, JBO, ML Mark Billington, Jon Bowler, Martin Lees PO, HL Paul Owen, Henry Lynn CN, NRW Chris Newnham, Nicola Rose-Walton JB, MW Jeremy Bell, Mark Waine RJ2, PM Richard Jones, Phil Mead

Date	Session Description	Adaptation: Additional Effort	Adaptation: Reduced Effort	Coaches	Session Location	Parking & Meet Point
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	JBO, 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	Fallowfield, Ampthill	Redborne School (South Car Park)
20-Oct	8 x half(fish) mile loops: 90 secs recovery between each loop - starting at bottom of Chaucer Way by 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	ML, PM	Fallowfield, Ampthill	Redborne School (South Car Park)
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	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	ML, 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