## AFF - Speed Session Coaching Schedule for October 2021 - December 2021

Coaching Objectives

KEY EVENT

DATE	KET EVENT				
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	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 mblees 007 @gmail.com for any questions on the coaching schedule, sessions, locations etc.

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					
GS - Giles Shorley					
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## **Coached Sessions**

	Coached Sessions					
	Session Detail	Coaches	Venue			
007		(1st stated is lead coach)				
ОСТ						
5	<b>HEADTORCH SESSION - Half Mile Reps. 8</b> x 0.5 mile reps with 90 secs recovery in between each effort. Split into equal ability groups and work @ 5k-10k pace.	CS, 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.			
12	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 & ML	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)			
19	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 & BOM & GS	MEET AT REDBORNE SOUTH CAR PARK 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)			
26	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	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						
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.	PO, JBO & CN	MEET AT REDBORNE SOUTH CAR PARK THEN AILESBURY ROAD, 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)			
9	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, 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)			
16	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)			
23	Speed 45 Session - 3 Sets ( 5 x 1min efforts close to maximal effort 1min recovery ) 2-2.5mins recovery between sets.	MB, MR & BOM & GS	MEET AT REDBORNE SOUTH CAR PARK 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)			
30	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	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						
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.			