

All coached sessions will include full warm up, running technique, main session, cool down, plus ad-hoc talks on the topic of your choice:

Full Warm Up: To get the body ready for the session: By the end of the week you should be able to carry out a full warm up by yourselves

Running Technique+Warm Up: The course will be held (almost) every day at 8:15am and 4:00pm for 30-35mins (including warm up)

The course comprises running form and mobilisation drills, plyometrics, balance, co-ordination and strength training

You can come just for this part of the session if you want, but please come warmed up.

Main Session: Different sessions each day ranging from hills to track, lactate threshold to long run. For ALL abilities

Cool-Down and Stretches: This is key to injury prevention and maintaining suppleness before the next training session

Marathon Q&A and Videoing: Group discussion on Marathon preparation. Get your running videoed to critique your technique

In addition there will be 1-2-1 and gym sessions:

1-2-1 Consultations: These are sit-down discussions on the topic of your choice most lunchtimes (sign up outside sports bookings).

Gym sessions: Ad-hoc gym sessions upon request and if time allows

Day	Date	Description	Morning	Lunchtime	Afternoon	Do All Runs?
1 Thursday	07/03/2013	Coached Session Volume / Intensity Organised Races			Social Recce Run (Ridge) [Med / Low]	Yes
2 Friday	08/03/2013	Coached Session Volume / Intensity Organised Races	RunTech+Lactate Threshold [Med / Med]	1:1 Consultation	ExtendedRunTech/Track (5k/10k) [Low / High]	Yes* (Caution)
3 Saturday	09/03/2013	Coached Session Volume / Intensity Organised Races	RunTech+Hills (Sprint/End.Mix) [Low / High]		Marathon Q&A / Videoing 5k / 10k Race	Yes* (Caution)
4 Sunday	10/03/2013	Coached Session Volume / Intensity Organised Races	Long Run (10m / 15m / 20m) [High / Low]	Rest	Rest	Yes
5 Monday	11/03/2013	Coached Session Volume / Intensity Organised Races	Core, Strength and Conditioning [Low / Low] <i>Duathlon</i>	1:1 Consultation <i>Aquathlon</i>	RunTech+EasyRun+VideoReview [Med / Low]	Yes No (Choose)
6 Tuesday	12/03/2013	Coached Session Volume / Intensity Organised Races	Run Trip To Playa Blanca or Similar (Run+Swim+Lunch+Q&A) [High / Med] <i>Half Marathon</i>		Runtech+Track (3k) [Low / High] <i>[CLS Track Session]</i>	Yes* (Caution) No (Choose)
7 Wednesday	13/03/2013	Coached Session Volume / Intensity Organised Races	RunTech + Fartlek [Med / High]	<i>Serpie Mini-Tri</i> [Low / High]	Frank Horwill Memorial Mile [Med / Med]	Yes* (Caution) No (Choose)
8 Thursday	14/03/2013	Coached Session Volume / Intensity Organised Races	Social Ridge Run 40mins [Med / Low]			Yes

*Caution: bear in mind the total volume for the week and any other activities you may be doing on that day

●● Example choice of sessions for a 10k specialist, currently running 4-5 times a week / 35-45 mpw

●● Example choice of sessions for a Marathoner, currently running 5-6 times a week / 50-60mpw

There are many ways to approach this but the key is to really rest and recover when you are not training.

Alternative sessions: Uncoached Easy Run instead of any coached session (eg Lagoon Run) or run with CLS