

WHH Spring 2024 Training Plan

Purpose: Build speed on Winter training (strength & endurance)

Tuesday				Thursday						Sunday		
Date	Tues Session	Benefit	coach	Date	Thurs Session	Min reps	Max reps	Benefit	coach		Session	Benefit
20-Feb	ABC - Plyometrics	Running efficiency	Simon	22-Feb	400m - 600m intervals off 2 mins recovery	5	7	Speed	Steve	25-Feb	Long Slow Run	Endurance
27-Feb	ABC	strength & core	Jon	29-Feb	Long Hill repeats (90 - 120 seconds) off 2 mins recovery	5	8	Legs and core strength, Speed	Simon & Pip	03-Mar	Cross-Country Race	Endurance
05-Mar	ABC	strength & core	Nick	07-Mar	400m intervals off short recovery	6	8	Speed endurance, pace judgement	Steve + LIRF	10-Mar	Long Slow Run	Endurance
12-Mar	ABC	strength & core	Jon	14-Mar	Intervals	8	12	Speed endurance, pace judgement	Pippa	17-Mar	Long Slow Run	Endurance
19-Mar	ABC - Plyometrics	Running efficiency	Simon	21-Mar	Short hill repeats off short recovery	5	7	Speed endurance, pace judgement	Steve	24-Mar	Long Slow Run	Endurance
26-Mar	ABC	Mobility & core	Nick	28-Mar	Long Hill repeats (90-120 seconds) off 2 mins recovery	5	8	legs and core strength, Speed	Simon	31-Mar	Long Slow Run	Endurance
02-Apr	ABC	ABC & core	Chris	04-Apr	400m - 600m intervals off short recovery	5	7	Speed endurance, pace judgement	Steve + CIRF	07-Apr	Long Slow Run	Endurance
09-Apr	ABC	Strength & core	Nick	11-Apr	Long Hill repeats (90-120 seconds) off 2 mins recovery	5	8	legs and core strength, Speed	Simon + CIRF	14-Apr	Long Slow Run	Endurance
16-Apr	Track Session or ABC	Speed / Plyometrics & core	Simon / Pippa	18-Apr	800 and 400m intervals off short recovery	4	6	Speed endurance, pace judgement	Steve	21-Apr	Long Slow Run	Endurance
23-Apr	Track Session or ABC	Speed / ABC & core	Simon / Jon	25-Apr	Short hill repeats off short recovery	8	10	Speed endurance, pace judgement	Simon	28-Apr	Long Slow Run	Endurance
30-Apr	Track Session or ABC	Speed / Mobility & core	Simon / Chris	02-May	600 and 200m blocks off of 2 mins recovery	5	7	Speed	Steve + CIRF	05-May	Long Slow Run	Endurance
07-May	Track Session or ABC	Speed / Strength & core	Simon / Pippa	09-May	400m intervals off longer recovery	6	10	Speed	Simon + CIRF	12-May	Long Slow Run	Endurance
14-May	Track Session or ABC	Speed / Plyometrics & core	Simon / Jon	16-May	Long Hill Repeats off 2 min recovery	6	9	legs and core strength, Speed	Steve	19-May	Long Slow Run	Endurance
21-May	Track Session or ABC	Speed / ABC & core	Simon / Nick	23-May	400m intervals off longer recovery	8	12	Speed	Simon	26-May	Long Slow Run	Endurance
28-May	Track Session or ABC	Speed / Mobility & core	Simon / Pippa	30-May	Short hill repeats off short recovery	8	10	Speed endurance, pace judgement	CIRF + Steve	02-Jun	Long Slow Run	Endurance

Notes:

- Encourage Harriers to do 80% easy training & 20% intense sessions
- Tuesday - Letcombe ABC Sessions to improve strength, technique and reduce injury
- Tuesday - Adding in option of Track sessions at Radley College for speed and pace judgement.
- Thursdays - Intervals & Hills to build speed and strength
- Thursdays - 'Min Reps' for those Harriers new to the session. 'Max Reps' for those needing more challenging session
- Sundays - Long slow run. Especially for those looking to increase aerobic fitness through 'time on feet'.
- Sundays - Meet at Leisure Centre at 8.30am for those doing Marathon & Ultra training

- Please talk to one of the coaches if you have a particular goal, or would like help developing a personal training plan.