GVH Autumn 2020 Training – draft proposal

Starting Tuesday 15th September

Aiming for as many groups on a Tuesday evening as possible with one possible alternative session each week (possibly Tuesday daytime). Aiming for some sessions where all meet together (either for whole session or for the warm-up)

**Sessions**

1. KM/600m reps
2. Tempo Intervals
3. Hills
4. Pyramid

**Venues**

* Car Park (600s, Pyramid and Tempo Intervals + warm ups for Marlowes)
* Marlowes (Pyramid, KM reps and Tempo Intervals)
* Gadebridge Lane (Hills)
* Warners End Rd (Hills)
* Hollybush Loop (Tempo Intervals)
* Teal Way (Tempo Intervals & KM reps)

**Coaches & Leaders**

Ed, Gemma & George to cover all groups between them (maybe alternating week on week?)

Groups 1&2 – Phil, Robert, Si & Si

Groups 3&4 – Paula, Ange, Peter & Naomi (when able to join Tuesday evenings)

Coaches & Leaders to draft groups following

POTENTIAL PLAN FOR 1st 9 WEEKS

15/09 – WHOLE CLUB SESSION!!!!!
600m reps on Chaulden Fields (last Tuesday with good light) using large central space for warm up then loop which starts at car park going anti clockwise to finish in South East Corner – recovery (c.90”) up the little hill back to start point.

22/09 – TEMPO INTERVALS
Groups 1 & 2 at Hollybush (meet in Northridge Way park for warm-up)
Groups 3 & 4 at Marlowes

29/09 – HILLS
Groups 1&2 at Gadebridge Lane (warm up in Gadebridge Park car park?)
Groups 3&4 at Warners End Road (need to think about warm-up – Queensway Car Park?? - and we might want to consider if we should ask runners to run back on other side of road necessitating a road crossing at start and end of rep)

06/10 – PYRAMID – WHOLE CLUB SESSION (IN PART)
Warm up together in car park
Group 1 & 2 session in car park
Group 3 & 4 session in Marlowes

13/10 – KM reps
Groups 1 & 2 at Teal Way (will need to think carefully about warm-up!)
Groups 3 & 4 at Marlowes

20/10 – TEMPO INTERVALS
Groups 1 & 2 at Marlowes
Groups 3 & 4 at Hollybush (need to think about warm-up – might need to be a jog with a few exercises on the move)

27/10 – HILLS
Groups 1 & 2 at Gadebridge Lane
Groups 3 & 4 at Warners End Road

03/11 – PYRAMID
Warm up together in car park
Group 1 & 2 – Marlowes
Group 3 & 4 – Car Park

10/11 – WHOLE GROUP SESSION – 600m
Session on loop from Watergardens car park around onto Waterhouse St