

Summary of session 15th Jan

Goal of session

Running different paces with better posture, Breathing and muscle activation

Equipment

Glue Bands and Resistance Band

Warm Up and Skills 10-15 min

- Run a few laps, breathing warm up, / General warm up Slow run breathing through nose
- Add some strides in / flying 30's
- 2 x 1 min on 1 min off (Start with 1 minute jog?)

Conditioning 10-12 min

- Glute and mobility activation drills with and without bands
- Waddle Walk
- Leg conditioning with body weight exercise (IE lunges with knee legs/ Squat with bands), lunge walking 1 minute normal

1 min slow 1 min fast

- Mobility exercises (To help with conditioning, strength, and agility)
Bands for posture and helping with relaxed shoulder when running

Drills (Different example options I can look at when I see the Park, size of group and ability) 15-20 mi

3 x 70/100 metres Max Efforts - 9/10 -10/10

Cool down 5 min

Practice in your own time

- 5 x 1 min faster than race pace 1 / 2 min recovery (Walk / Jog)
- 5 2 min faster than race pace 2 / 3 min recovery (Walk / Jog)
- Warm up 2,3 min beathing through nose
- Get some mini resistance bands