**Club Run: 26.2 RRC**

**What is Club Run?**

Club Run is an England Athletics programme offering clubs a series of practical coaching sessions led by experienced coaches to support runners, leaders and coaches in working towards improved performance at a specific event or race distance.

The focus is on practical sessions and advice with 3 organised sessions spread over a 12 week period which are designed to build towards a specific event distance. The sessions are opportunities to experience different types of training sessions, warm up and cool downs but also give an informal opportunity for Q&As and sharing of training advice and ideas.

**Your Club Run Sessions**

Your club run sessions are focused towards developing your HM - Marathon fitness and each will see you completing running specific warm up, main session and cool down. The dates for your Club Run sessions are;

27/11

11/12

29/01

The spacing of the sessions is designed to give you the chance to practice some of the content and learning before the next session and the idea is the sessions will progress with one building on the previous. This doesn’t mean you can’t attend if you miss one though – they all work as standalone sessions too and the sessions will be structured to cater for a wide range of abilities.

Just bring yourself, your running kit and water as well as any medication you need. Whilst these sessions will be adapted to work for a wide range of abilities it’s important you feel comfortable that you can step in and out of elements of the session as you want to and feel ready for.

**Your Club Run Coach**

Tom Craggs has been coaching for over 10 years and is England Regional Coaching Lead for the South East. He is an England Team Coach and Team Leader for events such as Frankfurt Marathon in 2018, the Reykajavik Internal Games and the Parelloop 10km.

Tom has coached at a wide range of athletics clubs including Winchester & District AC, Mornington Chasers RC and Bournemouth AC. He is currently a member of Littledown Harriers in Bournemouth. Tom works with runners of all abilities from those just starting out to international marathon runners including Louise Damen and Tracy Barlow and GB race walker Erika Kelly.

Tom is the owner and editor of www.fastrunning.com and Runners World UK Head Coach.

**Session 1: Fartlek**

*2 sets of 4 minutes/3 minutes/2minutes/1minute*

*Overview:* It is likely the warm-up will take a little longer in this first session as we run it through for the first time. Throughout the session I will introduce everyone to the importance of working to RPE (rate of perceived exhaustion) on a scale of 0-10….and what happens physiologically at different levels. The main session then mixes efforts between 10km intensity and a fast pace with a more relaxed ‘fartlek’ structure.

*Warm Up:* We will work through a RAMP warm up. RAMP stands for raise, activate, mobilise and potentiate. It’s basically a fancy way of saying we will work though about 20-25 minutes of getting you progressively ready to run fast!

*Raise*: Gentle easy jogging for 5 minutes

*Activate*: Complete a ‘running posture’ routine before switching on key muscles using strength bands and simple bodyweight exercises.

*Mobilise*: Increasing the range of movement around key joints with simple exercises including leg swings and hamstring sweeps;

Leg swings: <https://www.youtube.com/watch?v=korxBhGzzJE>

Hamstring sweeps: <https://www.youtube.com/watch?v=W-eG4UasYHo&list=UUsQpuVH0M0TpYdVKDdApZ1Q&index=74>

*Potentiate*: Getting you ready to run by completing 3 fundamental drills – Heel lifts, Straight Leg Kick Outs and A Skips. These drills are designed to reinforce the perfect posture exercise whilst developing a feeling of muscle tension. We will add 2-3 sets of strides after.

Straight leg kick out: <https://www.youtube.com/watch?v=V3HPkKjRg_I>

Heel Lifts: <https://www.youtube.com/watch?v=2el9YoTfzgE>

A Skips: <https://www.youtube.com/watch?v=9vq6F2Kkyq0&list=UUsQpuVH0M0TpYdVKDdApZ1Q&index=73>

*Main Session:* 2 sets of 4 minutes at 5-10km effort, 3 minutes at 5km effort, 2 minutes at 3-5km effort, 1 minute hard. 75 seconds jog between efforts and 2-3 minutes jog between sets. We will aim to keep jogging between efforts to make this one continuous run.

*Cool Down:* Very gentle jog or even brisk walk followed by static stretching and a Q&A session.

**Session 2: Sandwich Session**

*8 minutes / 6 x 90s (60/50/40/30/20) / 8 minutes*

*Overview:* This session includes a bigger chunk of race pace running with 8 minutes of 10km – HM pace running at the start and finish with faster running in the middle the recovery is gradually cut down to make the final 8 minutes feel tough running on higher levels of fatigue.

Sandwich sessions can be adapted for lots of different races, for example a marathon runner might try 20 minutes marathon pace, 4 x 5 minutes at HM pace, 20 minutes marathon pace (though this one is a bit long for a club session!)

*Warm Up:* We will go through the RAMP warm up again with slight progressions to the drills looking to combine the straight leg kick outs and heel flicks into one drill and working a variation on the A Skip Drill. We will again add strides this time with high knees.

*Main Session:* We will start with 8 minutes of tempo running between 10km and HM pace. After 2 minutes rest we will run 6-8 sets of 90 seconds at 5km effort with reducing rest between each effort (60s/50s/40s/30s/20s). After a further 2 minute rest we will complete another 8 minutes of tempo running.

*Cool down:* Very gentle cool down jog or walk and stretch. Q&A focusing on theme determined from session 1.

**Session 3: In and Out Session**

*8 x 3 minutes alternating effort (60s rest)*

*Overview: ‘*In and outs’ are another session can which be used for a wide range of different races. After a full warm up we will complete 6-8 efforts of 3 minutes with odd numbers at 10km-HM race effort and evens at a faster 3-5km effort with 60s rest ideal for those training for races up to marathon distance. For marathon runners 15-20 x 4 minutes with odd numbers at marathon effort, events faster is a commonly used and highly effective session (again best done outside a club session unless we’d want to be here all night!)

*Warm Up:* Again we will work through the RAMP warm up. With some variations to the activation and mobilisation exercises repeating the drills from session 2.

*Main Session:* 6-8 x 3 minutes alternating odd numbers at a controlled discomfort (10km-HM effort), even numbers faster at 3-5km pace with 60 seconds rest.

*Cool down:* Very gentle cool down jog or walk and stretch. Q&A focusing on themes determined from the first couple of sessions.