Ray's Loops Session Plan

Session Introduction:

- Gather all runners together
- Check for new runners, welcome, introduce etc
- Check for injuries / fitness concerns (address if necessary)
- Explain session – what will we be doing and why

Warm Up:

Steady jog down to the Clarence pub prior to regrouping and introducing the main part of the session.

Main Session:

Starting from the Clarence round about (on far side of the road) 1 x loop = up the Isle of Skye Rd, left up Park Lane (careful sharp corner), left down St Mary's Drive and then left back along Chew Valley Rd to the starting point.

Gauge people's fitness and do an appropriate number of loops usual 6 or 7 is more than enough. You can vary the format by running for example:

- 1 x clockwise
- 1 x anti-clockwise
- In pairs of similar paces, setting one off each direction and trying to be 1st back, then swap and go the other direction.
- Line people up and fastest to slowest and pair fastest with slowest, 2nd fastest with 2nd slowest etc etc until everyone has a partner and then run it as a relay setting one of the pair off first (either all of the faster or all of the slower runners) in one direction, they do a loop, tag their partner who then does a loop in the opposite direction. Each team tries to be the first back. You can repeat by changing the directions each partner runs.
- In the same pairs you set off at the same time, in opposite directions until you meet each other on the loop, tag and turn around head back the way you came to the start, again trying to be the first ones back. The faster runners run further than the slower runners here. You can again do the same thing in the opposite direction.

If you did all of the above that would be 8, which would be quite a lot so you can pick and choose which you want to do. Allow a couple minutes recovery between each loop.

Cool Down:

Steady jog back to the cricket club. Try and encourage runners to carry out static stretching back at the cricket club to promote recovery, increase flexibility and in turn running efficiency.

Coaching Points / Session Goals:

Don't set off too fast as otherwise runners won't be able to run the final reps at a decent effort. Concentrate on form and stride length uphill, running off the top and relaxing downhill. Great session for building speed endurance.