**Valley Striders AC Winter Training – Advanced and Intermediate runners**

**Please note all evening runs in the winter require Hi-Viz/reflective tops.**

**Tuesday Training:**

All sessions with the exception of track training meet at Far Moss Sports Ground, Far Moss, Alwoodley, LS18 (just off The Avenue).

Track Training takes place at Leeds Beckett University Sports Centre, Church Wood Avenue, Headingley, LS6 3HF

All sessions start at 7pm

These sessions are for Advanced and Intermediate runners, other sessions for improvers, beginners and juniors take place at Far Moss with the exception of Track Training which takes place at Leeds Grammar School. Further details can be found on the Valley Striders website.

For the purpose of training, advanced runners are classed as runners who can run a 5km in under 24 minutes and a 10km in under 48 minutes. Intermediate runners are classed as runners who can run between 24 minutes and 30 minutes for a 5km.

**First Tuesday in Month:**

**Advanced: High Ashes 3x10**

Easy run to High Ashes (approx 2 miles from Far Moss)

* 10 minutes run, turning halfway
* Repeat 3 times with 90 second break between.

Easy run back to Far Moss

Aim: Run consistently and finish exactly on ten minutes.

**Intermediates: Pyramid Session:**

Easy run to Sandmoor Lane from Far Moss (approx. 1 mile)

* Run for 30 seconds, turning halfway
	+ 30 second break
* Run for 60 seconds, turning halfway
	+ 60 second break
* Run for 2 minutes, turning halfway
	+ 90 second break
* Run for 4 minutes, turning halfway
	+ 2 minute break
* Run for 2 minutes, turning halfway
	+ 90 second break
* Run for 60 seconds, turning halfway
	+ 60 second break
* Run for 30 seconds, turning halfway
	+ 2 minute break

Repeat.

Run back to Far Moss

**Aim**: Run consistently and understand running at different distances. Try to get back to the start when the time runs out, e.g. 30 seconds, 1 minute, 2 minutes, 4 minutes.

**Second Tuesday in Month**

**Advanced Runners and Intermediates meet at Carnegie Athletics Track in Headingley**

Warm up run for 15 minutes

Choice of two sessions:

* 8 x 800 metres on a 4 minute 30 second cycle (you have 4 minutes 30 seconds to run 800m before you start again, the faster you run the longer the break)
* 4 x 800m, 400m on a 6 minute, 3 minute cycle (you have 6 minutes to run 800m, then you have 3 minutes to run 400m, the faster you run, the longer the break)

You can alternate the session as everyone starts at the same time, therefore both groups will start the next rep at 9 minutes.

**Third Tuesday in Month**

**Advanced: High Ashes 5x6**

Easy run to High Ashes (approx 2 miles from Far Moss)

* 6 minutes run, turning halfway
* Repeat 5 times with 90 second break between. There will be a different route for each run.

Easy run back to Far Moss

**Aim**: Run consistently and finish exactly on 6 minutes each time.

**Intermediates: Games Session**

Easy run approximately ¾ mile

4 separate parts:

*Triangle running*

* Run first side of triangle easy, second moderate, third hard.
* Continue for 7-8 minutes
* Rest

*Indian File*

* Run at a moderate pace in groups of 4-5 people in single file. The person at the back sprints to the front and shouts go, the next person at the back sprints to the front and shouts go, etc etc
* Continue for 7-8 minutes.
* Rest

*Relays*

* In teams of 3, hard pace relays across approximately 50 metres distance.
* Continue for 7-8 minutes
* Rest

*1km time trial*

See how fast you can run 1km in

Easy run back to Far Moss

**4th Tuesday in Month**

**Advanced: Church Lane Hills**

Easy run to Church Lane, Meanwood from Far Moss (approx. 2.5 miles)

* All runners start at the same time, when the first person reaches the top of Church Lane, everyone turns and jogs to the bottom of the hill. When at the bottom of the hill all runners turn immediately and repeat.
* After the third time all runners stop and take a 90 second break.
* This is then repeated, however on the 3rd time all runners run to the top of the hill.

Easy run back to Far Moss

**Intermediates: Hill Session**

Easy run to Cranmer Bank, Alwoodley from Far Moss (approximately 1 mile)

* Run to first lamppost, jog back
* Run to second lamppost, jog back
* Run to third lamppost, jog back
* Rest
* Repeat 4 times

Easy run back to Far Moss

**5th Tuesday in Month**

On the 5th Tuesday in the month the Intermediates and Advanced runners run together, this is to allow for Intermediate runners to experience a longer training session and to see if they want to start to attend the advanced sessions.

All intermediates are encouraged to attend and can meet at the start of the run rather than running from Far Moss if it is too far. Runners can also partake in part or all of the session.

The joint session is a Pyramid training session similar to the Intermediates pyramid session however it is for longer. 1 minute, 2 minute, 3 minute, 4 minute, 3 minute, 2 minute, 1 minute and repeat.

This takes place at High Ashes.

**Thursday Training**

Thursday runs are for people to get together and have a steadier paced run across North Leeds. In the winter the advanced runners meet at Scott Hall Sports centre, intermediate runners run from different locations each week.

Information is provided on Facebook each week.

**Advanced Runners (sub 50 minutes for a 10km)**

Meet at 6.45pm (most people meet a bit later than 6.45pm however we set off at 7pm)

Approx 7 miles at 8.30 minute mile pace (can vary throughout the run) with rests.

This is a great run for people who want to have a social run or people who want to push the pace knowing there are stops along the way for people to regroup. Faster runners also have the option to run back to the runners choosing to run more slowly.

**Intermediate Runners**

**First Week in Month:** The Dexter Pub, Shadwell

**Second Week in Month:** Scott Hall Sports Centre

**Third Week in Month:** The Dexter Pub, Shadwell

**Fourth Week in Month:** Scott Hall Sports Centre

**Fifth Week in Month:** Special location announced closer to the time

All runs meet at 6:40pm and set off at 6:50pm.

Runs are approximately 5 miles at 10-11 minute miles with stops to re-group where necessary.

**Sunday Training**

There are a number of different runs that take place on a Sunday morning. These range from 10-20 miles dependent on whether it is marathon season. Further information is posted on Facebook weekly.

**Monday Yoga**

Liz Wood is a qualified Yoga instructor and runs two sessions every Monday with the exception of the 3rd Monday of the month.

There is a separate Valley Striders Yoga Facebook page available for VS members. Each session holds a maximum of 18 people, Facebook invites are sent weekly for each session.

These are great for building strength and stretching after races and long Sunday runs.