

Festive Furlong Christmas Relay

On the grass next to the track - Tues 15th Dec

Everyone welcome! That means everyone!

We thought it would be nice to have the occasional training session which gives everyone in the club a chance to train with and get to know a few of their club mates a bit better. And what better excuse do we need than a pre-Christmas canter?

What: A team relay – mixed ability teams of 3

7 x (1000m: 500m @ 5/10k pace followed immediately by 500m @ 10k/threshold/steady). Ie you do two 500m laps, with the first lap hard. The second lap can be done at whatever pace suits your current training aims. Recovery depends on your team mates.

How it'll work:

- The session will be on a grass loop of 500m
- Within your team decide who is person 1, 2 and 3.
- Person 1 starts with their first fast lap. When person 1 finishes their first lap, person 2 starts theirs while person 1 does another lap.
- When person 2 finishes their first fast lap, person 3 starts theirs while person 2 continues with their second lap.
- Meanwhile person 1 finishes their second lap and has a rest until person 3 finishes their first lap, at which point person 1 starts their second 1000m
- And so on until each team member has run seven 1000s ie 7 x (500+500).
- The winning team is the first to complete the lot.

A few things to consider:

- Teams will be mixed ability and we have a cunning way of sorting everyone into teams
- For each of the seven sets, your first 500m needs to be good quality ie 10k pace or faster. Your second lap, however, could be at whatever pace suits your current training needs. For eg if you're training for Stubbington, you could do 1000m at 10k pace or a bit faster. If this isn't for you, you could do your second 500m at threshold or steady. If you're less strong at the moment, your second lap could even be a jog (although that will mean you get less complete rest until it's time to start your next 1000).
- If you're new to speed training, you could adapt your second lap even more – for example you could miss out the second lap in every other set to give you an occasional longer recovery and help you keep your quality good. Coaches will be on hand to advise/help.
- Recovery times will be erratic – sorry!
- Teams are responsible for counting their own laps (or Alan's head will explode)
- There will be a baton for handovers (but if you have any batons we could borrow for the night, please bring them along)
- There will be a prize for the winning team
- This will be a tough session but that shouldn't stop anyone dressing up a bit...

Some people will need to do some threshold running afterwards.