



# Stowmarket Striders

## Running Club

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### Junior Section Coaching Sessions

Coaching sessions are held during school terms and sometimes beyond. Breaks normally occur during the summer and winter school holidays. Each coaching session last about 1 hour over an 8 week schedule per school term. Additional training is provided for School sports Hall activities and other competitions.

### Example Eight Week Schedule

Each session starts with a warm up (1 mile) and motability stretches, finishing with a cool down and stretches.

Week 1	800m fast x 2 with 4 minute jog/walk recovery between.
Week 2	Short hills (approximately 40 meters) with walk recovery, 3 minutes x 3.
Week 3	Fartlek, 10 minutes on whistle.
Week 4	75m x 5 at 75% with walk recovery. 75m x 2 sprints with full recovery between.
Week 5	Pyramids, 100, 200, 300, 400, 300, 200, 100, wit same distance recovery.
Week 6	Endurance run up to 3-4 miles with shorter warm-up.
Week 7	Plyometrics with hurdles, ladders, hopping and jumps.
Week 8	Time Trial.

### Time Trial

Every 8 weeks a 1 mile time trial is held. The times are recorded to gauge improvement over six/twelve months.



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### Junior Standards

#### Girls

Girls Under 13	Bronze	Silver	Gold	Diamond
400 meters	1:40	1:31	1:27	1:18
800 meters	3:31	3:12	3:03	2:45
1500 meters	7:08	6:30	6:12	5:35
1 mile	7:43	7:03	6:43	6:03
2 miles	16:45	15:15	14:30	13:03
4000 meters	21:30	19:35	18:40	16:48

Girls Under 15	Bronze	Silver	Gold	Diamond
400 meters	1:32	1:24	1:20	1:12
800 meters	3:17	3:00	2:51	2:34
1500 meters	6:37	6:02	5:47	5:11
1 mile	7:10	6:33	6:14	5:37
2 miles	15:45	14:20	13:40	12:18
4000 meters	20:10	18:25	17:30	15:45
5000 meters	27:30	24:35	23:05	20:15

#### Boys

Boys Under 13	Bronze	Silver	Gold	Diamond
400 meters	1:30	1:22	1:18	1:10
800 meters	3:14	2:57	2:49	2:32
1500 meters	6:30	5:56	5:39	5:05
1 mile	7:02	6:25	6:07	5:30
2 miles	15:15	13:55	13:15	11:55
4000 meters	19:30	17:45	16:55	15:20

Boys Under 15	Bronze	Silver	Gold	Diamond
400 meters	1:23	1:16	1:12	1:05
800 meters	3:02	2:46	2:38	2:22
1500 meters	6:07	5:35	5:19	4:47
1 mile	6:35	6:00	5:43	5:09
2 miles	14:15	13:00	12:25	11:10
4000 meters	18:20	16:45	15:55	14:20
5000 meters	23:05	21:05	20:05	18:05