



Stowmarket Striders

Running Club

Junior Section Coaching Sessions

Coaching sessions are held during school terms only. Each coaching session last about 1 hour

Each session starts with a warm up and motability stretches, finishing with a cool down and stretches.

The following are some examples of the type of coached sessions we run:

- 800m fast x 2 with 4 minute jog/walk recovery between.
- Short hills (approximately 40 meters) with walk recovery, 3 minutes x 3.
- Fartlek (fast then slow), 10 minutes on whistle.
- 75m x 5 at 75% with walk recovery. 75m x 2 sprints with full recovery between.
- Pyramids, 100, 200, 300, 400, 300, 200, 100, with same distance recovery.
- Endurance run with shorter warm-up.
- Plyometrics with hurdles, ladders, hopping and jumps.
- Time Trial: In summer on the grass track.