

## HRR Tuesday Intervals Training

On Tuesday evenings I'll be leading structured training sessions for all abilities of distance runners in Headington and the surrounding area.

The purpose of the sessions will be to increase lactic acid tolerance; strengthen your heart and lungs; build leg-strength (especially the quadriceps and gluteal muscles – i.e. thighs and buttocks); and develop good running technique. Improve these and you will find your race pace at all distances from 5k and upwards improves (when combined with improving your endurance) - and the sessions might even help you catch that train or bus that you always miss!!! Importantly, we also have a lot of fun.

I'll design the sessions to be suitable a group of all abilities, with a mix of speed and training distance/volume targets, running on a variety of surfaces (road, cross country, flat, hills) depending on season and training focus/goals. I'll ensure that we fully cater for the range of participants ability and I'm committed to safety.

Sessions will be led by Evelyn Joslin a UKA Event Group Coach ([coach.evelyn@icloud.com](mailto:coach.evelyn@icloud.com)) if you have any questions or feedback) and Steve Lewis a UKA Leader in Running Fitness ([selewisuk@yahoo.co.uk](mailto:selewisuk@yahoo.co.uk)).

### Where and when?

We meet at 7:00pm *prompt* at locations advertised in advance.

### Who are the sessions for?

The sessions are targeted at adult endurance runners of all abilities who take part in running events throughout the year on any type of surface. Ideally, you should have built up a good base of stamina and endurance before you start to introduce faster-paced work. If you are in doubt or have any questions, get in touch.

### What is the format of the sessions?

The sessions will consist of a jog warm-up, work on technique/drills, around 15-40 minutes for the main session, and a cool-down jog followed by stretching. The total distance covered will be 5-7 miles (including warm-up/cool-down), with a total duration of 1 1/4 hrs. Every week the main session will have a specific goal and the type of session will reflect this i.e. intervals, hill work, speed work. Starts at 7.00pm.