



'Catch a Coach' ~ newsletter

Issue 1

January 2010

Catch a Coach newsletter

Welcome to the new publication from the coaching team. This is designed to give the coaching team a chance to give you news on training events within the club, how the coaching team are taking forward their development and new features to look out for to help in your own training. It also supports the material that you will already find within the 'Catch a Coach' feature from within the club's own website. The team expect to publish a copy of the newsletter every few months. Please let the team know what you think – your feedback is a big help.

In this edition there is a focus on the structure of the club's training schedule. This includes details of what each training session consists of and what they are designed to focus on. In particular look out for the details on the Tuesday training sessions. This gives important information on the structure of each of the training groups together with the coaches and coaching assistants that will be supporting you. You will find pictures of the team so that you can put faces to the names!!!

The team have also been thinking about objectives for 2010 and these are set out in the newsletter (they have their own New Year resolutions as well but they are a little more private!!).

I hope you find the newsletter helpful. Remember if you have any questions about the material in it or on the 'Catch a Coach' section within the club's website just CATCH A COACH or send an e-mail to the team at catchacoach@fvspartans.org.uk

We would love to receive your feedback and ideas for features in future 'Catch a Coach' newsletters.

Chris 'Coach' Leigh

The club's training schedule

The club offers a wide range of training activities across the week. Details of the schedule are updated regularly and you can get the latest session details via the link on the club's website either by clicking on the Training Schedule option or by using the new Calendar option.



The calendar is being run in parallel with the more traditional training schedule format as a trial over the next month or so. We are looking for feedback from members before deciding whether we should switch purely to the calendar format. Let us know what you think.

So, how is the training week made up? Well here is a low down of each day, the members of the coaching team you will usually see out supporting each session and what you can expect.

Monday

Monday is the chance for the Starter Group to meet for their training. The session starts at 7.30pm from our base at Marriotts School. The sessions are led by Tessa Stephenson and Katrina Doyle with support from Dave Stephenson. The group is usually supported by additional members of the coaching team that you will see in other sessions as well during the week. The Monday session is designed to cater for beginners or those relatively new to running who want to build up from a run/walk to running a continuous 3-4 mile route. The group take regular jog/walk recoveries, ensuring they stay together as a group. This is a great way for new runners to be introduced to the training concepts, running in a group and getting to know the club and what it offers them.

Tessa



Katrina



Dave



Tuesday

Tuesday is the club's principal training session. It is interval training built within a run of between 5 and 7-8 miles depending upon the group that you run with. Intervals consist of timed efforts followed by timed recovery runs at a slower pace. The sessions help to build speed endurance and are designed to cater for all abilities of runner that are able to complete 5 or more miles of continuous running.

The number of the groups running on a Tuesday has grown to accommodate the growth in runners as a result of the success of the club. Currently the schedule is set up for 4 groups. Each group has a lead coach or coaches with able assistant coaches as well, who are all CRB checked. **The groups are identified by a number and a colour.**

Each of the groups operates to cater for runners of a certain ability – both in terms of the distance they can run and the speed at which they can run.

Group 1 – the red group

(indicative 10K time = 57 minutes or more)

This group is led by the coaches Tessa, Dave and Katrina.

The group usually run a circuit of a total of 5 to 5.5 miles and is suited to runners who have been running a 10K time of 57 minutes or more.

Group 2 – the yellow group

(indicative 10K time = 50 to 56 minutes)

The group is led by coach Tony Osborne with assistant coaches Sarah O'Bryan, David Clarke and Tricia Hopper supporting as well.

The group usually run a circuit of a total of 6 miles and is suited to runners who have been running a 10K time of between 50 and 56 minutes.

Tony



Sarah



Tricia



David



Group 4 – the green group
(indicative 10K time = below 45 minutes)

The group is led by assistant coaches Steve Smithson, Richie Bate and Andrew Patterson with support also from assistant coach Graham Blackburn.

Steve



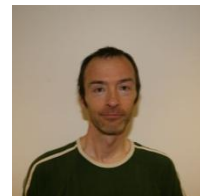
Richie



Andrew



Graham



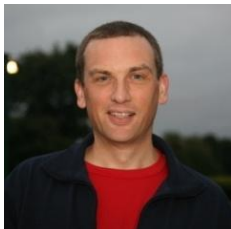
The group usually run a circuit of a total of 7.5 to 8 miles and is suited to runners who have been running a 10K time of below 45 minutes.

Group 3 – the blue group
(indicative 10K time = 45 to 50 minutes)

The group is led by head coach Chris Leigh with coaches Paul Holgate and Roger Biggs on hand.

The group usually run a circuit of a total of 6.5 miles and is suited to runners who have been running a 10K time of between 45 and 50 minutes.

Chris



Paul



Roger



Thursday

Training on a Thursday evening includes a session for the Starter Group, along similar lines to that on Mondays, or the club's speed work session.

The speed work session is not just for those that can run at speed!! In any case, each runner's speed is of their making and is relative. **The session on Thursday caters for all abilities – not just the quick.** Its focus is on improving running form and technique so that runners learn how to run well and in turn how to run quicker.

The speed work session usually consists of a series of measured repetitions such as 6 x 800 metres or 8 x 400m with suitable recoveries in between. The total distance covered by the session is usually no more than 4 to 5 miles.

As an alternative to the evening sessions, Tony Osborne also organises a steady run in the morning usually covering 6 to 7 miles and incorporating a mixture of off-road running and hills to strengthen runners – known as Ossie's Angels! Look out for the Ossie's Angels Forum pages.

Saturday

Runners have a choice. Either a steady 5 to 6 mile run with Tony Osborne in the morning, similar to but not the same as, the Thursday session. Again look out for Ossie's Angels Forum pages.

Alternatively, a track based speed work session based at Ridlins Athletics stadium in Stevenage.

The track session usually consists of shorter efforts than the speed work session on Thursday and has the aim of improving runners' technique and efficiency. This has a really positive impact on running speed. Just like the Thursday sessions, this training supports runners of all abilities.

Sunday

Sundays are often where the action is with races! When there are not club based events on then there will be a long, steady run arranged (the coaching team do their very best to put on at least one run on a Sunday so that runners are catered for). Very often this will be a choice between a distance of 6-8 miles and one of 10-12 miles.

The runs are informal, run at a pace slower than the runners' usual training pace and designed to improve overall endurance. These runs are a mainstay of those training for the half marathon and marathon distances but are also supported by runners that want to enjoy a social run out within a group and take in the varied countryside surrounding Stevenage. The starting points and routes vary week to week with full details posted on the Sunday Runs board within the Forum.

Remember: if you are feeling unwell in any way during or after your run please make sure that you speak to a member of your groups coaching team. They need to be aware of this so that they can monitor the situation during training.

If you are feeling unwell before the training session then you are advised not to run.

Do you know the training terminology????

Have you ever wondered what 8 x 4min/2min means on the training schedule or even what 2x(12x2min/1min)/4 mins means?? It's like a different language? Not quite. This is a shorthand form to give you information on the effort pattern and recovery pattern for an intervals session.

So:

8 x 4 min/2 min means that the group will run an effort for 4 mins followed by a recovery run of 2 min before repeating the 4 min effort and so on for a total of 8 efforts.

2 x (12x 2min/1 min)/ 4 mins means that the group running this will complete a 2 min effort followed by a 1 min recovery before repeating the 2 min effort. They will complete a total of 12 two min efforts before then taking a 4 min recovery. Once that recovery is completed they will repeat the set of 12 two min efforts with 1 min recoveries.

You may also see this shorthand in a combination of distance and time, particularly in the club's Thursday and Saturday sessions.

For example, 4-6 x 800m /2 min

This will mean that each member of the group will run an effort over a distance of 800 metres and then take a recovery of 2 mins before repeating the 800 metre effort. They will repeat that pattern for a total of between 4-6 800 metre efforts (the number will be determined by the runner before the start of the session).

So no longer gobbledegook????!!

Test yourself!

What would you be doing if your group were running:

2 min/2 min, 4 min/2 min, 6 min/2 min, 6 min/2 min,
4 min/2 min, 2 min/2 min

(The answer of 'hiding in the changing rooms' is not allowed!)

What is this session also known as for short??

The Coaching Team's objectives for 2010

Here are the items that the coaching team will be having a particular focus on in 2010.

1. Make sure that all runners in the club know the structure of the training sessions, the groups they will be running in and the objectives of the sessions.
2. Develop at least a further 4 UKA Level 2 coaches and a further 5 UKA Level 1 assistant coaches during 2010.
3. Ensure that the coaching team are organised to support all of the club's sessions and provide targeted coaching support for key events and club activities during 2010.

4. Continue to encourage runners to progress from the Starter Group to the Tuesday and Thursday interval and speed work based sessions as they continue to develop their running.
5. Incorporate off road running into the training schedule in the summer months, particularly on the main Tuesday session. Off road/trail runs will also be offered on a Sunday and can incorporate the selected XC routes so that runners can grow more familiar with them.
6. Launch the Run 4 Fun group in January 2010 and continue to support that during the year, looking for opportunities for members of that group to become full members of the club.

The Run 4 Fun group

In January 2010 the club launches a new initiative in conjunction with Stevenage Borough Council. The club will be supporting the coaching and development of a new group called **Run 4 Fun**. The group is aimed at 17-25 year olds who wish to undertake running as an exercise to improve their fitness and well being.

The first session is planned to take place on 9th January starting at 9:15am at Ridlins Athletic stadium. Paul Holgate is lead coach for the group, ably supported by the rest of the coaching team.

Look out for more information on this new group via the club's website and Forum and the next edition of 'Catch a Coach'.