

May 2026

Technical Focus of the Month: Backwards arm drive (right angle elbows, relaxed low shoulders, elbow/hand not past hips, minimal cross swing)

Date	Session	Coach	Description
Tuesday 05th May	Spring Self Assessment	Lead: Shaun W Support:	Spring Self Assessment: Long warm up (minimum 10 minutes). Then assess the following: 1 x 1600m, 1 x 1200m, 1 x 800m, 1 x 400m. Note the time of each interval. Each athlete to note their times and compare to previous assessments.
Wednesday 06th	Fartlek Intervals <i>Technical Focus on driving elbows back, particularly when going faster</i>	Lead: James H Support: Shane	*Regent's Park Track* (or flat triangle if not enough light) Long warm, demonstrate backward arm drive in drills, finish with strides 2 x 10 mins at varying pace. Base pace = 10k (7 out of 10 effort), but at coaches direction, randomly include 3 x 45 sec at 5k pace (8 out of 10) and 3 x 15 sec at 1 mile pace (9 out of 10) Cool down
Thursday 07th	Kevin Quinn Special (re-scheduled from April)	Kevin Quinn	Kevin Quinn session Details provided by KQ on the day.
Tuesday 12th	Short distance intervals	Lead: Adam L Support:	16 x 400m - 1 min recovery between reps 1-8, 45 sec between 9-16. Total distance= 6.4km
Wednesday 13th	Speed work <i>Technical Focus on right angle elbows when using backward arm drive</i> <i>Monthly Women's Session:</i> Interval shuttles <i>Technical Focus on right angle elbows when using backward arm drive</i>	Lead: Martin V Support: Lucy W-S (feel free to float between which session might benefit from an extra coach) Lead: Rachel W Support:	*Flat triangle* Warm up & technique drills (demonstrate backward armdrive in drills) 8 x 1:30 at faster than 5km, 45 seconds recovery 2 minutes rest then repeat. *Regent's Park Track* Warm up & technique drills (demonstrate backward armdrive in drills) 5 minutes running elevated effort (5-6 out of 10) (If group is large, split group up into different start points of the track for this next part) 10 minutes of shuttles (30 seconds sprint (10 out of 10 effort)/ 30 seconds slow) 2 minutes recovery 8 minutes of shuttles (20 seconds sprint (10 out of 10 effort)/ 20 seconds slow) Cool down / stretch
Thursday 14th	Spring Self Assessment	Lead: Joshua Support: Felipe B	Spring Self Assessment: 2 laps warm up, then Coaches choice of drills (at least 4 + Strides). Then assess the following: 1 x 1600m, 1 x 1200m, 1 x 800m, 1 x 400m Note the time of each interval. Each athlete to note their times and compare to previous assessments.
Tuesday 19th	Decreasing Interval Repeats	Lead: Shaun W Support:	1200/800/400 x 3. 1min recovery on reps/2 minutes between sets. 1200s at 10k pace, 400s at 5k pace or faster, 800 in between. Total distance = 7.2 km
Wednesday 20th	One minute speed intervals <i>Technical Focus on elbow/hand not far past hips when driving arms</i>	Lead: Matthew S-H Support:	*Regent's park track* Long Warm up & drills (demonstrate backward armdrive in drills) - including strides 10 x 1 minute at mile pace (9 out of 10 effort) with 1 minute static recovery Stretches, then cool down back to centre
Thursday 21st	Kevin Quinn Special	Kevin Quinn	Kevin Quinn session Details provided by KQ on the day.
Tuesday 26th	Distance Intervals	Lead: Shaun W Support:	2 x 1200m then 6 x 800m/ 1 min recovery for 800m, 2 min recovery for 1200m. Total distance = 7.2km
Wednesday 27th	Decreasing distance intervals <i>Technical Focus on relaxed, low shoulders when driving arms back</i>	Lead: Sarah F Support: Adam F	*Regent's park track* Warm up and drills (demonstrate backward armdrive in drills) Decreasing intervals 4min/3 min/2 min/1 min x 3 - 30 sec recovery between reps/2 min recovery between sets. Pace = increase pace as distance shortens. (Start at 10km pace and work up from there) Stretches, then cool down back to centre.
Thursday 28th	Short Distance Intervals	Lead: Adam J Support: Sean H	2 laps warm up, then Coaches choice of drills (at least 4). 8 x 400m / 1 min recovery then 8 x 400m / 45 sec recovery. 2 min rest between sets. Total distance:6.4km