November 2026				
Technical Focus of the Month: Backwards arm drive (right angle elbows, relaxed low shoulders, elbow/hand not past hips, minimal cross swing)				
Date	**Location**	**Session**	**Coach**	**Description**
Tuesday 03rd	Mile End Track	Autumn Self Assessment	**Lead:** Shaun W	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 04th	Regent's Park/Primrose Hill	Two group increasing intervals and hill sprints *Focus on backward arm drive as speed increases and to help get up the hill.*	**Lead:** Adrian **Support:** Adam F	*(Use both flat section and hill - can be split into two groups and done at the same time, then swap over)* Warm up with drills - Part 1 (flat triangle): 10 minutes increasing effort, starting at slower than 10k pace (5 out of 10) and increasing at 2:00, 4:00, 6:00 & 8:00 (up to 9 out of 10) around flat lit triangle path - 2 minute recovery - Part 2 (Primrose hill loop) : 10 minutes loop of uphill at max effort ... slow active recovery down and around (up on unlit path, down in the light if safer) Stretches, then cool down back to centre
Thursday 05th	Battersea Track	Autumn Self Assessment	**Lead:** Robert D	Long warm up & drills (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.
Saturday 07th	Mile End Park	Hill Repeats *Focus on driving arms backwards*	**Lead:** Martin V	**Use the Mound in Mile End Park (spiral) or bridge path next to this over Mile End Road (The Green Bridge)** -Long warm up (5-10mins) continuous running, including over some hills - 5 x 30sec up hill @ 8/10 effort ; recovery back down (60sec) - 2 x 20sec up hill @ 10/10 effort ; recovery back down (40sec) -2min recovery between each set. -Repeat sets (full session = 5x30s, 2x20s, 5x30s, 2x20s) Stretch & Cool Down back to centre
Tuesday 10th	Mile End Track	Distance Intervals	**Lead:** Matthew S-H	6 x 1200m @ faster than 5k pace/ 1:30 recovery. Total distance = 7.2km
Wednesday 11th	Regent's Park/Primrose Hill	XC Workout Hill Shuttles *Concentrate on 90 degree arms*	**Lead:** James H **Support:** Thomas M-F	*Primrose Hill* Long Warm up including drills -5 minutes running around flat triangle at slower than 10k pace (6 out of 10) - have runners see where finished -8 uphill shuttles (20 seconds up 10 out of 10 effort, 40 seconds walking recovery back down) -2 minutes static recovery -5 minutes running around flat triangle at 10k pace (7 out of 10) - aim to finish further than first 5 minutes Stretches, then cool down back to centre
		Monthly Women's Session Pyramid Intervals *Focus on backward arm drive.*	**Lead:** Katie **Support:** Lucy W-S	*Flat Triangle* Warm up, including drills At 9 out of 10 pace, run the following: -30 seconds, 1 minute, 1:30, 2:00, 1:30, 1 minute, 30 seconds - 30 seconds recovery between each -2 minutes recovery -Repeat pyramid (total of 2 pyramids in the session) Stretches, then cool down back to centre
Thursday 12th	Battersea Track	Decreasing Intervals	**Lead:** Justin D	2 laps warm up, then Coaches choice of drills (at least 4). (1200m @ 10k pace then 3 x 800m @ 5k pace) x 2 / 1 min recovery between reps/2 minutes between sets. Total distance: 6.4km
Tuesday 17th	Mile End Track	Varying Distance Intervals	**Lead:** Adam J	4 x 1200 @ 5k pace, then 4 x 800m @ mile pace. 1:30 recovery for 1200m, 1 min recovery for 800m. Total distance = 8.0km
Wednesday 18th	Regent's Park/Primrose Hill	Uphill Intervals/Sprints *Focus on backward arm drive on uphill.*	**Lead:** Shane **Support:** James H	*Primrose Hill* Long Warm up - including strides - 5 minute flat loop at gentle pace - 30 seconds uphill sprint with 1 min walking downhill recovery x 8 - 2 minute static recovery then repeat uphill/downhill (16 times in total) Stretches, then cool down back to centre
Thursday 19th	Battersea Track	Short Distance Intervals	**Lead: Dom A**	2 laps warm up, then Coaches choice of drills (at least 4). 16 x 400m @ faster than 5k pace / 1min recovery between reps, 2 min recovery after rep number 8. Total distance = 6.4km
Saturday 21st	Mile End Park	Downhill Running *Concentrate on downhill form and still using arms*	**Lead:** Adam L **Support:** Paul G	**Starting at top of Green Bridge above Co-Op/Starbucks, run downhill towards the spiral mound, turn around and back uphill when at the bottom/flat.** Focus is on speed and posture on downhill section, slow active recovery jog on uphill. Warm up including strides -5 mins continuous running at steady effort, get used to running downhill at speed -5 mins continuous, harder effort, focus on a technical aspect -5 mins continuous, same as 2nd effort, focus on combing technical with confidence/speed on downhill. 2 mins recovery between each rep. Stretch key muscles used at session, then cool down run back to centre. Downhill form tips (focus on one aspect only): • Controlled • Arms active and used for balance • Upright or leaning slightly forward • High Hips
Tuesday 24th	Mile End Track	Decreasing intervals	**Lead:** Shaun W	1200m/800m/400m x 3 - 1:30 recovery between reps/2 min recovery between sets. Pace = start at 5k pace for 1200m, increase pace as distance shortens. Total distance = 7.2km
Wednesday 25th	Regent's Park/Primrose Hill	XC Workout Downhill Running *Concentrate on downhill form and still using arms*	**Lead:** Adam F **Support:** Katie	*Hill triangle/loop by Circle location (down lit path, uphill unlit path)* Speed on downhill section (lit path), active recovery on flat and uphill. Warm up including strides -5 mins continuous running at steady effort, get used to running downhill at speed -5 mins continuous, harder effort, focus on a technical aspect -5 mins continuous, same as 2nd effort, focus on combing technical with confidence/speed on downhill. 2 mins recovery between each rep. . Stretch key muscles used at session, then cool down run back to centre. *Downhill form tips (focus on one aspect only):* *• Controlled • Arms active and used for balance • Upright or leaning slightly forward • High Hips*
Thursday 26th	Battersea Track	Kevin Quinn Special	**Kevin Quinn**	Kevin Quinn session Details provided by KQ on the day.