




Chippenham Harriers Youth 2010 Training Programme

**Session:** 1h 15 min (6.45-8.00)pm every Wednesday during term time  
**Location:** The dome  
**Last update:** 19/01/2010

Date	Session	Indoor/ Outdoor	Lead Coach	Races
06/01/2010	Circuit training + 2 teams relay	I	nad	
13/01/2010	warm up + Bleep test + ....?	I	brett	
20/01/2010	warm up drills + Pyramid 1 min/ 2 min/ 3 min/4min/4min / 3 min/ 2 min / 1 min, recovery half of effort time + "I like relay"	O	nad	
27/01/2010	warm up drills + cepen park hills (btw 4 -7 dep on age/ability) + word relay	O then I	Julian	
03/02/2010	warm up drills + 3k town run with effort sections in btw ( total ~5k)	O	Brett	
10/02/2010	warm up drills + Time trial 2.5 and 5.0km+ obstacles relay (with hurdles /ladders etc)	O	Lynne & Ian	
17/02/2010	<b>Holiday</b>			
24/02/2010	warm up drills + 1min interval run (6 reps, 1 min recovery) the "i like" relay	O then I	Nad	
03/03/2010	Circuit training + 2 teams word relay	I	Paul G	
10/03/2010	cepen park hills (hill run 2 sets of 2 + running drills in btw sets) + relay	O	Julian or Brian?	
17/03/2010	warm up + Bleep test + Parlauf relay in pairs of similar running ability	I	Nad	
24/03/2010	3k town run with effort sections in btw ( total ~5k)	O	Nad	
31/03/2010	Time trial 2.5 and 5.0km	O	Lynne & Ian	
07/04/2010	<b>Holiday</b>		<b>N/R</b>	
14/04/2010	<b>Holiday</b>		<b>N/R</b>	
<b>SUMMER TRAINING SEASON</b>				
21/04/2010	200m speed endurance session	O	Nad	
28/04/2010	1 mile team relay (lacock type - Fast/slower/ medium group)	O	nad	
05/05/2010	Pyramid 200/400/800/ 800/400/200m, rec. half of effort time + team relay	O	Neil?	
12/05/2010	warm up bow and hats (4 teams)+ bleep test + + 50m relay	O	Brian	
19/05/2010	warm up + fartlek session (around perimeter field x3) + "I like " relay	O	Nad	
26/05/2010	Circuit training + 2 teams relay	O	Nad	
02/06/2010	<b>Holiday</b>		<b>N/R</b>	
09/06/2010	<b>50 m sprint (call out) + stick run</b>	O	Nad	
16/06/2010	<b>1 mile time trial +</b>	O	Brett?	
23/06/2010		O	Neil?	
30/06/2010		O	Nad	
07/07/2010	Chippenham Harriers River run (fun 2k race or 5k race)? TBC	O	Nad	
14/07/2010	Circuit training on the grass field + 2 teams 100m relay	O	Nad	
21/07/2010	Fun games	O	Nad	
28/07/2010	<b>Holiday</b>			
04/08/2010	<b>Holiday</b>			
11/08/2010	<b>Holiday</b>			
18/08/2010	<b>Holiday</b>			
25/08/2010	<b>Holiday</b>			
01/09/2010				
08/09/2010				
15/09/2010				
22/09/2010				
29/09/2010				
<b>WINTER TRAINING SEASON</b>				
06/10/2010				
13/10/2010				
20/10/2010				

27/10/2010			
03/11/2010			
10/11/2010			
17/11/2010			
24/11/2010			
01/12/2010			
08/12/2010			
15/12/2010			
22/12/2010			
29/12/2010			

 Nadège not available - at university / revision time