**Tuesday 23rd April 2019 – Varied paced 400s or 3x8x200m on grass**

Attendance = 35. Warm, still and dry. Coaches – Mark Hookway, Pete Brenchley, Richard Owen.

Target for 400s was to pace so steady about 10/15s slower than the fast, whilst the 200s in sets were aimed at 1500m pace plus, 1500m pace, then quicker

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **Total** | **Races** | **Comment** |
| **Distance (metres)** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **Av** |  | **Total 8 pairs = 6.4k** |
| **Recovery** | **Steady**  **fast** | **Steady**  **fast** | **Steady**  **fast** | **Steady**  **fast** | **Steady**  **fast** | **Steady**  **fast** | **Steady**  **fast** | **Steady**  **fast** | **Steady**  **fast** | **Steady**  **fast** | **Steady**  **fast** | **Steady**  **fast** |  |  | **Total 10 pairs = 8k**  **Total 12 pairs = 9.6k** |
| Michael Ellis | 83  74 | 86  74 | 85  76 | 85  75 | 87  75 | 87  75 | 88  75 | 89  75 | 88  74 | 89  76 | 88  76 | 90  74 | **32.24**  **87**  **75** | **12/5 – BAL 3k S/C**  **2/6 Southern 3k s/c** | **Did 9.6k and running smoothly. See Sat hurdles session** |
| Nathan Marsh | 80  73 | 79  73 | 82  73 | 83  74 | 83  74 | 85  75 | 87  74 | 89  74 | 90  75 | 91  76 |  |  | **26.30**  **85**  **74** | **29/4 BMC Leeds 3k, 11/5 Ipswich 5k**  **25/5 BMC Sports City 5000** | **Said found it tough but having a good week or two. Back to Leeds** |
| Bede Pitcairn-Knowles | 83  74 | 86  74 | 86  75 | 84  76 | 87  76 | 86  81 | 87  80 | 87  80 | 91  81 | 88  77 |  |  | **27.19**  **86/7**  **77/8** |  | **All ok. Wanted to do 400s as was torn whether should do 2s. Had a discussion.** |
| Harry Lawson | 88  75 | 88  77 | 91  77 | 92  81 | 93  84 | 96  80 | 93  81 | 91  81 | 95  83 | 93  72 |  |  | **28.31**  **92**  **79** |  | **Felt Harry should do 2s but says early target is 5k & wanted 400s** |
| Will Beeston | 91  80 | 91  80 | 96  82 | 97  81 | 95  81 | 96  78 | 95  82 | 96  81 | 96  79 | 96  78 |  |  | **29.11**  **94/5**  **80** |  | **All ok and knee alright** |
| Dan Schofield | 99  84 | 94  84 | 97  86 | 98  85 | 98  84 | 99  85 | 100  82 | 99  78 | 91  81 | 99  72 |  |  | **29.55**  **97/8**  **82** | **27/5 London 10k** | **Back from week hols. Finished quick. Need to check overall training volume.** |
| James Price | 92  80 | 90  83 | 93  84 | 96  84 | 98  86 | 98  87 | 96  87 | 99  88 | 99  85 | 99  85 |  |  | **30.09**  **96**  **85** |  | **All ok** |
| George Marshall | 99  85 | 93  85 | 96  87 | 97  86 | 97  85 | 98  87 | 98  87 | 96  87 | 95  86 | 97  79 |  |  | **30.20**  **96/7**  **85/6** | **Said unsure** | **Very consistent and need to check overall weekly volme.** |
| Toby Ryan | 102  86 | 93  87 | 96  87 | 93  85 | 96  88 | 96  86 | 98  90 | 94  86 | 95  85 | 98  79 |  |  | **30.20**  **96**  **86** | **Triathlon in 3 weeks** | **All ok. Had stomach issue last week and was layed up** |
| Sian Robertson | 101  87 | 94  87 | 95  87 | 93  88 | 95  88 | 97  88 | 97  90 | 96  88 | 99  90 | 103  87 |  |  | **30.50**  **97**  **88** |  | **All ok, although work is quite busy/stressful currently** |
| James Stoney | 99  85 | 94  85 | 95  87 | 97  88 | 96  89 | 97  93 | 99  95 | 101  96 | 101  98 | 101  95 |  |  | **31.31**  **98**  **91** |  | **All ok but need to check weekly volume** |
| Liz Weeks | 102  88 | 97  94 | 99  95 | 100  96 | 100  97 | 99  96 | 100  96 | 100  96 | 101  96 | 99  93 |  |  | **32.24**  **99/100**  **94/5** |  | **Won Folkestone 10 miles on Friday** |
| Luke Hooper | 102  87 | 93  87 | 97  89 | 98  93 | 97  91 | 97  89 | 96  85 |  |  |  |  |  | **21.41**  **97**  **88/9** | **28/4 London Marathon** | **Easing off for marathon** |
| James Puxty | 83  78 | 86  77 | 86  82 | 87  83 | 97  87 | x | 34  35 | 38 | x | x |  |  | **14.06**  **n.a.** |  | **Says still not feeling right and drained after tonsillitis** |
| Charlie Crick | 100  88 | 93  88 | 96  90 | 98  93 | 97  93 | x | x | x | x | x |  |  | **15.36**  **n.a.** |  | **22/4 – TAC 600 ran 83.6. Pb by 2s and 300 37.27. Calves tight** |
| Nicole Taylor | 91  2.39 | 93  2.43 | 94  2.43 | 96  2.45 | 96  2.47 | 94  2.46 |  |  |  |  |  |  | **94**  **2.44** |  | **Alt 400/800 x 6** |
| Alice Wood | 101  2.56 | 106  3.05 | 110  3.06 | 113  3.11 | 113  3.09 | 115  3.10 |  |  |  |  |  |  | **110**  **3.06** |  | **Alt 400/800 x 6** |
| Dan Bradley | 3.13 | 3.18 | 3.19 | 3.19 | 3.19 | 3.19 |  |  |  |  |  |  | **3.18** |  | **Did 6x1k off 2 min** |
| **Group 2** | **1**  **2** | **3**  **4** | **5**  **6** | **7**  **8** | **9**  **10** | **11**  **12** | **13**  **14** | **15**  **16** | **17**  **18** | **19**  **20** | **21**  **22** | **23**  **24** | **Av** | **Races** | **Comment** |
| **Distance (metres)** | **200** | **200** | **200** | **200** | **200** | **200** | **200** | **200** | **200** | **200** | **200** | **200** |  |  | **Aim to go faster each set** |
| **Recovery** | **60s** | **60s** | **60s** | **60s**  **4min** | **60s** | **60s** | **60s** | **60s**  **4min** | **60s** | **60s** | **60s** | **60s** |  |  |  |
| Sean Molloy | 29  31 | 30  31 | 29  30 | 30  29 | 29  28 | 29  29 | 28  29 | 28  28 | 28  27 | 27  28 | 28  27 | 27  27 | **30**  **28/9**  **27/8** |  | **Back after week warm weather training and all ok** |
| Dominic Brown | 30  31 | 30  31 | 29  30 | 30  29 | 29  29 | 28  29 | 29  30 | 29  29 | 28  28 | 27  28 | 27  27 | 28  26 | **30**  **29**  **27/8** | **27/4 Lufbra 800**  **4/5 BUCS 800** | **Going well and good session last Sat** |
| Ben Murphy | 31  32 | 31  31 | 29  31 | 31  29 | 29  28 | 29  30 | 28  30 | 28  28 | 28  27 | 28  29 | 28  28 | 28  27 | **30/1**  **28/9**  **28** | **Tbc** | **Back after week warm weather training and all ok** |
| Cameron Payas | 31  32 | 31  31 | 29  31 | 31  30 | 30  29 | 30  30 | 30  30 | 29  29 | 28  28 | 28  29 | 28  28 | 29  28 | **30/1**  **29/30**  **28/29** | **12/5 – BAL 800** | **22/4 – TAC 1500 4.02.5. Tough last 200 but solid opener** |
| **Group 3** | **1**  **2** | **3**  **4** | **5**  **6** | **7**  **8** | **9**  **10** | **11**  **12** | **13**  **14** | **15**  **16** | **17**  **18** | **19**  **20** | **21**  **22** | **23**  **24** | **Av** | **Races** | **Comment** |
| **Distance (metres)** | **200** | **200** | **200** | **200** | **200** | **200** | **200** | **200** | **200** | **200** | **200** | **200** |  |  | **Aim to go faster each set** |
| **Recovery** | **60s** | **60s** | **60s** | **60s**  **4min** | **60s** | **60s** | **60s** | **60s**  **4min** | **60s** | **60s** | **60s** | **60s** |  |  |  |
| Jamie Goodge | 32  33 | 32  32 | 33  32 | 32  32 | 31  32 | 31  31 | 30  31 | 30  31 | 29  29 | 29  29 | 30  30 | 29  28 | **32/3**  **31**  **29** | **27/4 BUCS trials 1500**  **12/5 BAL 3k possible** | **22/4 – TAC 600 1.29.7 pb**  **All ok tonight**  **Did quite a long Sunday run** |
| Dan Seagrove | 32  33 | 32  32 | 33  32 | 32  32 | 31  32 | 31  32 | 30  31 | 30  31 | 29  29 | 29  29 | 30  31 | 30  29 | **32/3**  **31**  **29/30** | **4/5 - BUCS 800** | **22/4 – TAC 600 85.3 debut. All ok just a bit tight** |
| Olly Kingston | 33  34 | 33  33 | 34  33 | 34  33 | 32  34 | 34  33 | X  33 | 33  34 | 33  34 | 34  34 | 34  35 | 34  34 | **33/5**  **n.a.**  **34** |  | **Found it tough so missed one and adjusted** |
| **Group 4** | **1**  **2** | **3**  **4** | **5**  **6** | **7**  **8** | **9**  **10** | **11**  **12** | **13**  **14** | **15**  **16** | **17**  **18** | **19**  **20** | **21**  **22** | **23**  **24** | **Av** | **Races** | **Comment** |
| **Distance (metres)** | **200** | **200** | **200** | **200** | **200** | **200** | **200** | **200** | **200** | **200** | **200** | **200** |  |  | **Aim to go faster each set** |
| **Recovery** | **60s** | **60s** | **60s** | **60s**  **4min** | **60s** | **60s** | **60s** | **60s**  **4min** | **60s** | **60s** | **60s** | **60s** |  |  |  |
| Nick James | 43  42 | 39  40 | 38  37 | 37  37 | 37  36 | 35  34 | 35  35 | 34  35 | 35  35 | 35  35 | 35  35 | 35  35 | **39**  **35**  **35** |  | **All ok. Needs to join TAC now** |
| Abianne Coates | 44  43 | 41  43 | 42  40 | 41  39 | 38  38 | 39  40 | 40  38 | 38  38 | 37  37 | 37  37 | 37  35 | 35  33 | **41/2**  **38/9**  **36** | **Parkrun ?** | **Going really well and got faster** |
| Mark Coates | 43  42 | 39  42 | 40  37 | 36  36 | 36  35 | 39  34 | 35  38 | 41  42 | 41  38 | 41  41 | 40  40 | 39  40 | **39/40**  **37/8**  **40** |  | **Pace up and down a bit but ok** |
| Clara Tyler | 44  43 | 39  44 | 43  42 | 43  41 | 38  39 | 40  40 | 40  39 | 39  40 | 39  38 | 38  38 | 38  37 | 36  34 | **42/3**  **39/40**  **37/8** |  | **Picked up well through session. Not missed a session yet** |
| Polly Pitcairn-Knowles | 43  43 | 43  44 | 43  43 | 43  41 | 42  41 | 41  40 | 40  40 | 40  40 | 40  38 | 39  40 | 38  38 | 40  34 | **43**  **40/1**  **38/9** |  | **All ok** |
| Ellen Pitcairn-Knowles | 45  45 | 44  45 | 45  43 | 45  44 | 42  42 | 42  42 | 43  43 | 42  43 | 41  40 | 42  42 | 42  42 | 42  41 | **44/5**  **42/3**  **43** |  | **All ok and got quicker each set** |
| Alex Crockford | 45  44 | 43  44 | 43  42 | 45  44 | 43  42 | 42  45 | 44  44 | 43  42 | 43  43 | 44  43 | 43  43 | 43  42 | **43/44**  **43**  **43** |  | **Did well to get through and calf ok, although knows its there still** |
| **Other** |  |  |  |  |  |  |  |  |  |  |  |  |  | **Races** |  |
| Simon Fraser |  |  |  |  |  |  |  |  |  |  |  |  |  | **28/4 London Marathon** | **Did own run** |
| Simon Coppard |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Gym** |
| Kiri Marsh |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Own session** |
| **Absent** |  |  |  |  |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Adam Durbaba |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Alex Howard |  |  |  |  |  |  |  |  |  |  |  |  |  | **12/5 BAL 1500** | **See Sat hurdles session**  **Battersea – 24688642 off 200 jog** |
| Charlie Joslin-Allen |  |  |  |  |  |  |  |  |  |  |  |  |  | **25/4 Penn Relays USA 5000 entered** | **20/4 10,000 Princeton** |
| Chloe Bird |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chris Olley |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **18/4 5000 Bryan Clay 13.54 (cold or hayfever)** |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  |  |  |  | **BUCS 10,000m** | **St Marys -**  2x200 ( off 60), 2k ( lap jog) , 4x1k ( off 200) , 3x200 (Off 60)  30,30 , 5.52 , 2.49, 2.52,2.55,2.58,29,28,29 |
| Dan Madams |  |  |  |  |  |  |  |  |  |  |  |  |  | **28/4 London Marathon** | **Tapering** |
| Dane Poore |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Seeing phsyio Wed now** |
| Elle Baker |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Graeme Saker |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Achilles improving** |
| Harriet Wooley |  |  |  |  |  |  |  |  |  |  |  |  |  | **28/4 London Marathon** | **Now joined TAC** |
| Harry Paton |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| India James |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Jacqui O’Reilly |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **19/4 Folkestone 10,67 mins 6th** |
| James West |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **19/4 5000 at Stanford 14.08** |
| Jamie Bingham |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Jamie Brown |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **22/4 – TAC 600 87.8, 1s o/s pb** |
| Jamie Bryant |  |  |  |  |  |  |  |  |  |  |  |  |  | **12/5 – BAL 3000** | **Away** |
| Joe Watts |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Marathon recovery** |
| Jordan Saul |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Achilles still sore but other commitment** |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kieran Reilly |  |  |  |  |  |  |  |  |  |  |  |  |  | **4/5 BUCS 800** | **Spain – 4x600 off 5 mins** |
| Lottie Richardson |  |  |  |  |  |  |  |  |  |  |  |  |  | **27/5 London 10k** | **Nottingham Wed 10mins + 6x2mins off 60s** |
| Lucy Thompson |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Luke Reeves |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **TAC 5k Mon in 17.01.7 debut** |
| Matt Dennis |  |  |  |  |  |  |  |  |  |  |  |  |  | **28/4 London Marathon** | **Run from home as tapering for marathon** |
| Matt Randall |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Miles Weatherseed |  |  |  |  |  |  |  |  |  |  |  |  |  | **25/4 Penn Relays USA 5000**  **4/5 BUCS 1500**  **18/5 Varsity 1500** | **See Sat session with Dom**  **USA race 5k Thursday** |
| Phoebe Barker |  |  |  |  |  |  |  |  |  |  |  |  |  | **4/5 BUCS 5000** | **22/4 TAC 1500 4.39** |
| Robbie Farnham-Rose |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Ryan Driscoll |  |  |  |  |  |  |  |  |  |  |  |  |  | **11/5 Ipswich 5k**  **12/5 BAL 1500** | **See Sat hurdles session**  **Battersea – 24688642 off 200 jog**  **29,63,95,2.13,**  **2.13,96,61,29** |
| Sam Crick |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tom Holden |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **At home – all ok. Did hill session** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Others subs not paid

Ben Brooks

Stuart Brown

Tom Cox

George Duggan

Tim Faes

Holly Gordon

Jack Keywood

Henry Pearce

James Pigot

Luca Russo

Jamie Thompson