**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 | 8374 | 8674 | 8576 | 8575 | 8775 | 8775 | 8875 | 8975 | 8874 | 8976 | 8876 | 9074 | **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 | 8073 | 7973 | 8273 | 8374 | 8374 | 8575 | 8774 | 8974 | 9075 | 9176 |  |  | **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 | 8374 | 8674 | 8675 | 8476 | 8776 | 8681 | 8780 | 8780 | 9181 | 8877 |  |  | **27.19****86/7****77/8** |  | **All ok. Wanted to do 400s as was torn whether should do 2s. Had a discussion.** |
| Harry Lawson | 8875 | 8877 | 9177 | 9281 | 9384 | 9680 | 9381 | 9181 | 9583 | 9372 |  |  | **28.31****92****79** |  | **Felt Harry should do 2s but says early target is 5k & wanted 400s** |
| Will Beeston | 9180 | 9180 | 9682 | 9781 | 9581 | 9678 | 9582 | 9681 | 9679 | 9678 |  |  | **29.11****94/5****80** |  | **All ok and knee alright** |
| Dan Schofield | 9984 | 9484 | 9786 | 9885 | 9884 | 9985 | 10082 | 9978 | 9181 | 9972 |  |  | **29.55****97/8****82** | **27/5 London 10k** | **Back from week hols. Finished quick. Need to check overall training volume.** |
| James Price | 9280 | 9083 | 9384 | 9684 | 9886 | 9887 | 9687 | 9988 | 9985 | 9985 |  |  | **30.09****96****85** |  | **All ok** |
| George Marshall | 9985 | 9385 | 9687 | 9786 | 9785 | 9887 | 9887 | 9687 | 9586 | 9779 |  |  | **30.20****96/7****85/6** | **Said unsure** | **Very consistent and need to check overall weekly volme.** |
| Toby Ryan | 10286 | 9387 | 9687 | 9385 | 9688 | 9686 | 9890 | 9486 | 9585 | 9879 |  |  | **30.20****96****86** | **Triathlon in 3 weeks** | **All ok. Had stomach issue last week and was layed up** |
| Sian Robertson | 10187 | 9487 | 9587 | 9388 | 9588 | 9788 | 9790 | 9688 | 9990 | 10387 |  |  | **30.50****97****88** |  | **All ok, although work is quite busy/stressful currently** |
| James Stoney | 9985 | 9485 | 9587 | 9788 | 9689 | 9793 | 9995 | 10196 | 10198 | 10195 |  |  | **31.31****98****91** |  | **All ok but need to check weekly volume** |
| Liz Weeks | 10288 | 9794 | 9995 | 10096 | 10097 | 9996 | 10096 | 10096 | 10196 | 9993 |  |  | **32.24****99/100****94/5** |  | **Won Folkestone 10 miles on Friday** |
| Luke Hooper | 10287 | 9387 | 9789 | 9893 | 9791 | 9789 | 9685 |  |  |  |  |  | **21.41****97****88/9** | **28/4 London Marathon** | **Easing off for marathon** |
| James Puxty | 8378 | 8677 | 8682 | 8783 | 9787 | x | 3435 | 38 | x | x |  |  | **14.06****n.a.** |  | **Says still not feeling right and drained after tonsillitis** |
| Charlie Crick | 10088 | 9388 | 9690 | 9893 | 9793 | 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 | 912.39 | 932.43 | 942.43 | 962.45 | 962.47 | 942.46 |  |  |  |  |  |  | **94****2.44** |  | **Alt 400/800 x 6** |
| Alice Wood | 1012.56 | 1063.05 | 1103.06 | 1133.11 | 1133.09 | 1153.10 |  |  |  |  |  |  | **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 | 2931 | 3031 | 2930 | 3029 | 2928 | 2929 | 2829 | 2828 | 2827 | 2728 | 2827 | 2727 | **30****28/9****27/8** |  | **Back after week warm weather training and all ok** |
| Dominic Brown | 3031 | 3031 | 2930 | 3029 | 2929 | 2829 | 2930 | 2929 | 2828 | 2728 | 2727 | 2826 | **30****29****27/8** | **27/4 Lufbra 800****4/5 BUCS 800** | **Going well and good session last Sat** |
| Ben Murphy | 3132 | 3131 | 2931 | 3129 | 2928 | 2930 | 2830 | 2828 | 2827 | 2829 | 2828 | 2827 | **30/1****28/9****28** | **Tbc**  | **Back after week warm weather training and all ok** |
| Cameron Payas | 3132 | 3131 | 2931 | 3130 | 3029 | 3030 | 3030 | 2929 | 2828 | 2829 | 2828 | 2928 | **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 | 3233 | 3232 | 3332 | 3232 | 3132 | 3131 | 3031 | 3031 | 2929 | 2929 | 3030 | 2928 | **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 | 3233 | 3232 | 3332 | 3232 | 3132 | 3132 | 3031 | 3031 | 2929 | 2929 | 3031 | 3029 | **32/3****31****29/30** | **4/5 - BUCS 800** | **22/4 – TAC 600 85.3 debut. All ok just a bit tight** |
| Olly Kingston | 3334 | 3333 | 3433 | 3433 | 3234 | 3433 | X33 | 3334 | 3334 | 3434 | 3435 | 3434 | **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 | 4342 | 3940 | 3837 | 3737 | 3736 | 3534 | 3535 | 3435 | 3535 | 3535 | 3535 | 3535 | **39****35****35** |  | **All ok. Needs to join TAC now** |
| Abianne Coates | 4443 | 4143 | 4240 | 4139 | 3838 | 3940 | 4038 | 3838 | 3737 | 3737 | 3735 | 3533 | **41/2****38/9****36** | **Parkrun ?** | **Going really well and got faster** |
| Mark Coates | 4342 | 3942 | 4037 | 3636 | 3635 | 3934 | 3538 | 4142 | 4138 | 4141 | 4040 | 3940 | **39/40****37/8****40** |  | **Pace up and down a bit but ok** |
| Clara Tyler | 4443 | 3944 | 4342 | 4341 | 3839 | 4040 | 4039 | 3940 | 3938 | 3838 | 3837 | 3634 | **42/3****39/40****37/8** |  | **Picked up well through session. Not missed a session yet** |
| Polly Pitcairn-Knowles | 4343 | 4344 | 4343 | 4341 | 4241 | 4140 | 4040 | 4040 | 4038 | 3940 | 3838 | 4034 | **43****40/1****38/9** |  | **All ok** |
| Ellen Pitcairn-Knowles | 4545 | 4445 | 4543 | 4544 | 4242 | 4242 | 4343 | 4243 | 4140 | 4242 | 4242 | 4241 | **44/5****42/3****43** |  | **All ok and got quicker each set** |
| Alex Crockford | 4544 | 4344 | 4342 | 4544 | 4342 | 4245 | 4444 | 4342 | 4343 | 4443 | 4343 | 4342 | **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