**Tuesday 26th March 2019 – 600s or 1200s on track**

Attendance = 25. Cool, dry and still. Coaches – Mark Hookway, Richard Owen, Bill Mutler

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |  |  | **Av** | **Comment** |
| **Distance** | **600** | **600** | **600** | **600** | **600** | **600** | **600** | **600** |  |  |  | **Target 1.40 to 1.45** |
| **Recovery** | **90s**  **200 jog** | **90s**  **200 jog** | **90s**  **200 jog** | **90s**  **200 jog** | **90s**  **200 jog** | **90s**  **200 jog** | **90s**  **200 jog** |  |  |  |  |  |
| Ben Murphy | 1.43 | 1.38 | 1.40 | 1.38 | 1.38 | 1.37 | 1.35 | 1.31 |  |  | **1.37** | **Going well and good relay leg on Sunday** |
| Sean Molloy | 1.46 | 1.38 | 1.40 | 1.38 | 1.38 | 1.36 | 1.34 | 1.30 |  |  | **1.37** | **Going well and good relay leg on Sunday. Now living in Tonbridge** |
| Cameron Payas | 1.43 | 1.38 | 1.40 | 1.38 | 1.39 | 1.37 | 1.36 | 1.33 |  |  | **1.38** | **Going well and all ok. Finished strongly** |
| Jamie Bryant | 1.43 | 1.38 | 1.40 | 1.38 | 1.39 | 1.38 | 1.38 | 1.38 |  |  | **1.39** | **Found Sunday relay tough but all ok. Did first double day Monday** |
| Michael Ellis | 1.45 | 1.40 | 1.41 | 1.39 | 1.39 | 1.38 | 1.37 | 1.37 |  |  | **1.39** | **Very good session** |
| Robbie Farnham-Rose | 1.49 | 1.42 | 1.44 | 1.43 | 1.44 | 1.44 | 1.43 | 1.40 |  |  | **1.44** | **Not feeling 100% but got it done. Hope ok** |
| Bede Pitcairn-Knowles | 1.47 | 1.39 | 1.44 | 1.42 | 1.43 | 1.45 | 1.45 | 1.46 |  |  | **1.44** | **Inside target of 1.45. Found it tough though. 2nd rep a bit too quick probably** |
| Jamie Brown | 1.46 | 1.42 | 1.43 | 1.42 | 1.45 | 1.46 | x | 59  400 |  |  | **1.44**  **x6** | **Found it tough so stopped him at 6 and did a 400 tagged on end** |
| **Group 2** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |  |  | **Av** | **Comment** |
| **Distance** | **1200** | **1200** | **1200** | **1200** | **1200** | **1200** | **1200** | **1200** |  |  |  | **Target 3.50 to 4.00+** |
| **Recovery** | **90s**  **200 jog** | **90s**  **200 jog** | **90s**  **200 jog** | **90s**  **200 jog** | **90s**  **200 jog** | **90s**  **200 jog** | **90s**  **200 jog** |  |  |  |  | **(Recoveries in brackets)** |
| Dane Poore | 3.43  (1.39) | 3.43  (1.40) | 3.43  (1.43) | 3.44  (1.42) | 3.42  (1.49) | 3.48  (1.43) | 3.48  (1.45) | 3.42 |  |  | **3.44** | **Good relay leg on Sunday ie best race yet. Started quick tonight** |
| Dan Madams | 3.50  (1.32) | 3.49  (1.34) | 3.51  (1.35) | 3.47  (1.39) | 3.50  (1.41) | 3.48  (1.43) | 3.48  (1.45) | 3.46 |  |  | **3.49** | **All ok and finished strongly** |
| Matt Dennis | 4.02  (1.20) | 3.56  (1.27) | 3.55  (1.31) | 3.58  (1.28) | 4.00  (1.31) | 3.57  (1.34) | 3.56  (1.25) | 3.49 |  |  | **3.57** | **All ok and finished strongly** |
| Luke Hooper | 4.02  (1.20) | 3.59  (1.24) | 4.01  (1.25) | 4.04  (1.22) | 4.02  (1.29) | 4.00  (1.31) | 4.02  (1.19) | 3.55 |  |  | **4.01** | **Very tired Wed morning but really good session** |
| Dan Bradley | 3.52  (1.30) | 3.52  (1.31) | 3.52  (1.34) | 3.55  (1.31) | 3.58  (1.33) | 3.57  (1.34) |  |  |  |  | **3.54**  **x6** | **Found it hard and stopped at 6** |
| Nicole Taylor | 3.51  (1.31) | 3.50  (1.29) | 3.51  (1.35) | 3.51  (1.35) | 3.52  (1.39) | 69  400 |  |  |  |  | **3.51**  **x5** | **Did session as planned with tagged 400 on end** |
| Phoebe Barker | 3.55  (1.27) | 3.57  (1.22) | 4.01  (1.25) | 4.06  (1.20) | 4.05  (1.26) | 73  400 |  |  |  |  | **4.01**  **x5** | **Did session as planned with tagged 400 on end** |
| Steve Fennell | 3.50 | 3.49 | 3.49 | 3.46 | 3.41 |  |  |  |  |  | **3.47**  **x5** | **All ok** |
| Ashley Gibson | 3.53 | 3.55 | 3.54 | 3.56 | 3.56 |  |  |  |  |  | **3.55**  **x5** | **Getting going again after injury issues** |
| **Group 3** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |  |  | **Av** | **Comment** |
| **Distance** | **1200** | **1200** | **1200** | **1200** | **1200** | **1200** | **1200** | **1200** |  |  |  |  |
| **Recovery** | **90s**  **200 jog** | **90s**  **200 jog** | **90s**  **200 jog** | **90s**  **200 jog** | **90s**  **200 jog** | **90s**  **200 jog** | **90s**  **200 jog** |  |  |  |  | **Recoveries generally off Joe** |
| Joe Watts | 4.19 | 4.20 | 4.19 | 4.21 | 4.20 | 4.22 | 4.22 | 4.19 |  |  | **4.20** | **All ok and really consistent** |
| Simon Fraser | 4.19 | 4.20 | 4.19 | 4.21 | 4.20 | 4.22 | 4.22 | 4.19 |  |  | **4.20** | **Felt better this week** |
| Jordan Saul | 4.17 | 4.08 | 4.03 | 4.08 | 4.03 |  |  |  |  |  | **4.08**  **x5** | **Heel started hurting but thinks pushed too hard on Monday. Stopped early** |
| Sian Robertson | 4.18 | 4.09 | 4.06 | 4.08 | 4.11 |  |  |  |  |  | **4.10**  **x5** | **All ok** |
| Mark Coates | 4.19 | 4.19 | 4.18 | 4.21 | 4.23 |  |  |  |  |  | **4.20**  **x5** | **All ok** |
| Alice Wood | 4.20 | 4.22 | 4.27 | 4.33 | 4.34 |  |  |  |  |  | **4.27**  **x5** | **First decent session for a while after foot issue. Scan revealed no stress response in foot but potential tightness** |
| Ellen Pitcairn-Knowles | 2.58 | 2.55 | 2.59\* | 3.04 | 2.59 |  |  |  |  |  | **2.59** | **Did 5x800m as planned. All ok and training consistently. Did 800s with group, starting with them, but on 3rd rep started after 400m so recovery before 4th shortened.** |
| **Other** |  |  |  |  |  |  |  |  |  |  |  | **Comment** |
| Lucy Thompson |  |  |  |  |  |  |  |  |  |  |  | **Had IT/Knee issue end of last week so missed relays. It has eased but ran on grass with younger group.** |
| **Absent** |  |  |  |  |  |  |  |  |  |  |  | **Comment** |
| Alex Crockford |  |  |  |  |  |  |  |  |  |  |  | **Helped out on Sunday relay and shin improving. Has to be careful** |
| Alex Howard |  |  |  |  |  |  |  |  |  |  |  | **London – good relay leg on Sunday** |
| Charlie Crick |  |  |  |  |  |  |  |  |  |  |  | **At school 4.5k tempo in 17mins, plus 4x200 in 29/30** |
| Charlie Joslin-Allen |  |  |  |  |  |  |  |  |  |  |  | **USA** |
| Chloe Bird |  |  |  |  |  |  |  |  |  |  |  | **Nottingham** |
| Chris Olley |  |  |  |  |  |  |  |  |  |  |  | **USA – has had a slight cold but recovered. Racing 5000 Friday. Sat 8x(600,200) off 30s/90s in 1.40/31. Tues 2x200,400,600,1600,600,400,2x200 relaxed.** |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  |  | **St Marys – has had a couple of steady weeks plus race Sunday. 2k, 400 jog,3x1k, 200 jogs,1600, 400 jog,6x400, 60s rec**  **5.50,2.50,3.00,3.00, 4.50,65s** |
| Dominic Brown |  |  |  |  |  |  |  |  |  |  |  | **Sheffield – Monday did varsity 300 (38.5), won 600 82 and mile elimination, so easy Tuesday** |
| Elle Baker |  |  |  |  |  |  |  |  |  |  |  | **Good solid relay leg, 5th fastest on comeback Sunday** |
| George Duggan |  |  |  |  |  |  |  |  |  |  |  | **Loughborough – hamstring improving and ran 60 last week** |
| Graeme Saker |  |  |  |  |  |  |  |  |  |  |  | **Been unwell but recovering and away with work** |
| Harry Lawson |  |  |  |  |  |  |  |  |  |  |  | **Had interview but said would do 600s at home** |
| Harry Paton |  |  |  |  |  |  |  |  |  |  |  | **Injured** |
| James Puxty |  |  |  |  |  |  |  |  |  |  |  | **Leeds** |
| James West |  |  |  |  |  |  |  |  |  |  |  | **USA – awaiting blood test results and also x training with some running whilst achilles treated** |
| Jamie Bingham |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Jamie Goodge |  |  |  |  |  |  |  |  |  |  |  | **Loughborough – recovered from illness** |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  |  | **Cardiff** |
| Kieran Reilly |  |  |  |  |  |  |  |  |  |  |  | **Loughborough – been ticking over whilst in heavy work load** |
| Lottie Richardson |  |  |  |  |  |  |  |  |  |  |  | **Nottingham – legs heavy after Sunday relay plus 3k pb last week** |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  |  | **Leeds – ran debut half marathon in Milan in 72.09 despite last 5k struggle. Feet blistered and tired but positive** |
| Polly Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  | **Cornwall** |
| Ryan Driscoll |  |  |  |  |  |  |  |  |  |  |  | **London – 80 last week inc solid race Sunday. Managing this week around uni course** |
| Sam Crick |  |  |  |  |  |  |  |  |  |  |  | **Heel sore on Sunday which is an ongoing issue. Thinks caused by racing in flats, although went well on Sunday** |
| Simon Coppard |  |  |  |  |  |  |  |  |  |  |  | **Saw Mark PK and Angel re achilles and recommended treatment** |
| Toby Ryan |  |  |  |  |  |  |  |  |  |  |  |  |
| Tom Holden |  |  |  |  |  |  |  |  |  |  |  | **Loughborough – had a good week with decent runs. Session of 2x6x200 with 2nd set in 34/5. Sun 7 miles. Has tight calf and massage Wed** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  |  | **X training and ongoing treatment plan after scan results** |
| Will Beeston |  |  |  |  |  |  |  |  |  |  |  | **Loughborough – managing knee, whilst doing strengthening. Has managed a few short runs of 4k and pain reducing.** |