**Thursday 2nd May 2019 – 800s or 1200s on track**

Attendance = 27. Cool, still and wet, whilst raining for part.

Coaches – Mark Hookway, Pete Brenchley, Richard Owen, Bill Mutler

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** | **7** |  | **Av.** | **Races** | **Comment** |
| **Distance** | **1200** | **1200** | **1200** | **1200** | **1200** | **1200** | **400** |  |  |  | **Total 6x1200 = 7200** |
| **Recovery** | **200 jog****90s** | **200 jog****90s** | **200 jog****90s** | **200 jog****90s** | **200 jog****90s** | **60s** | **Tag** |  |  |  | **Tagged an unexpected 400 on the end** |
| Bede Pitcairn-Knowles | 3.50 | 3.47 | 3.46 | 3.46 | 3.41 | 3.40 | 64 |  | **3.45** | **27/5 London 10k** | **All ok. Looked relaxed and picked up nicely. Pinning down re races and wants to try some 1500s etc** |
| Michael Ellis | 3.50 | 3.49 | 3.48 | 3.49 | 3.49 | 3.48 | 66 |  | **3.49** | **12/5 – BAL 3k S/C****2/6 SEAA 3k s/c** | **Had felt a bit off Wednesday with cold/hayfever so just backed off a bit and helped Nicole** |
| Nicole Taylor | 3.50 | 3.49 | 3.48 | 3.49 | 3.49 | 3.48 | 67 |  | **3.49** | **11/5 Ipswich 5k** | **All ok** |
| George Marshall | 3.55 | 4.00 | 4.00 \* | 4.03 | 3.57 |  |  |  | **3.59** |  | **Group just a bit too quick so swapped to group 2 on 3r rep** |
| **Group 2** | **1** | **2** | **3** | **4** | **5** |  |  |  | **Av.** | **Races** | **Comment** |
| **Distance** | **1200** | **1200** | **1200** | **1200** | **1200** |  |  |  |  |  | **Total 5x1200 = 6000** |
| **Recovery** | **200 jog****90s** | **200 jog****90s** | **200 jog****90s** | **200 jog****90s** |  |  |  |  |  |  |  |
| Nathan Chapman | 4.09 | 4.14 | 4.11 | 4.10 | 3.57 |  |  |  | **4.08** | **Would like to do SAL** | **All ok. Had run Bedgebury 10k Wed, steady in 40min** |
| Jordan Saul | 4.09 | 4.08 | 4.06 | 4.03 | 4.00 |  |  |  | **4.05** |  | **Achilles definitely better with sorbothane heel inserts. Saw Paul Massey at Ashford, Friday and has plenty of work to do re hips etc** |
| Sian Robertson | 4.15 | 4.13 | 4.13 | 4.10 | 4.09 |  |  |  | **4.12** |  | **Felt better and pleased with session** |
| Mark Coates | 4.14 | 4.20 | 4.19 | 4.20 | 4.14 |  |  |  | **4.17** |  | **All ok** |
| Alice Wood | 4.22 | 4.30 | 4.30 | 4.27 | 4.24 |  |  |  | **4.27** |  | **Worked hard and all ok** |
| Dan Schofield | 4.08 | 4.07 | 4.01 | 300100 jog | 300100 jog | 300100 jog |  |  | **4.05x3** | **5/5 UKYDL 1500****27/5 London 10k** |  |
| Kiri Marsh | 4.08 | 4.08 | 4.06 | 300100 jog | 300100 jog | 300100 jog |  |  | **4.07x3** | **6/5 BUCS 5k** | **Has BUCS 5000 Monday** |
| Chloe Bird | 4.17 | 4.18 | 4.23 | 300100 jog | 300100 jog | 300100 jog |  |  | **4.18x3** | **6/5 BUCS 5k** | **Has BUCS 5000 Monday** |
| **Group 3** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **Av.** | **Races** | **Comment** |
| **Distance** | **800** | **800** | **800** | **800** | **400** | **400** | **200** | **200** |  |  | **Total = 4400** |
| **Recovery** | **2min** | **2min** | **2min** | **2min** | **2min** | **2min** | **2min** |  |  |  | **Target suggested 2.12/14** |
| Sean Molloy | 2.15 | 2.15 | 2.12 | 2.11 | 60 | 58 | 29 | 27 | **2.13/5928** | **11/5 Ipswich 800** | **All ok. Seeing Angel for check over Sat pm. Morning parkrun, hills** |
| Ben Murphy | 2.16 | 2.15 | 2.12 | 2.11 | 60/1 | 61 | 30 | 27 | **2.13/61****28** | **12/5 BAL 1500** | **Found it tough after Tuesday** |
| Jamie Bryant | 2.17 | 2.16 | 2.17 | 2.21 | 63 | 64 | 31 | 29 | **2.18/63****30** | **12/5 – BAL 3000** | **Tough but step up in pace** |
| Cameron Payas | 2.17 | 2.17 | 2.19 | 2.21 | 63 | 63 | 30 | 28 | **2.18/63****29** | **12/5 – BAL 800****22/5 Eltham** | **Felt a bit off stomach and chest wise. Saw GP Friday and getting checked** |
| Jamie Brown | 1.43600 | 1.42600 | 1.42600 | 1.46600 | 64 | 65 | 31 | 28 | **1.43/64****29** |  | **All ok and did as planned** |
| **Group 4** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **Av.** | **Races** | **Comment** |
| **Distance** | **800** | **800** | **800** | **800** | **400** | **400** | **200** | **200** |  |  |  |
| **Recovery** | **2min** | **2min** | **2min** | **2min** | **2min** | **2min** | **2min** |  |  |  |  |
| Tom Cox | 2.52 | 2.39 | 2.39 | 2.42 | 72 | 72 | 30 | 27 | **2.43/72****28** |  | **2 sessions this week !** |
| Polly Pitcairn-Knowles | 2.58 | 3.01 | 2.53 | 2.55 | 81 | 80 | 34 | 31 | **2.57/8032** |  | **All ok and back to uni at w/e. Returns late May** |
| Jacqui O’Reilly | 2.58 | 3.00 | 2.54 | 2.56 | 84 | 84 | 39 | 33 | **2.57/84****36** | **9/6****Staplehurst 10k** | **Feeling much better** |
| Abianne Coates | 2.59 | 3.00 | 2.55 | 2.58\* | 81 | 80 | 35 | 32 | **2.58/80****33** | **5/5 UKYDL 3k** | **Racing Sun so kept some control** |
| Ellen Pitcairn-Knowles | 3.03 | 3.01 | 3.04 | 3.08 | 88 | 91 | 40 | 36 | **3.04/89****38** |  | **Said has felt drained this past week at parkrun and training, so will back off a bit** |
| Alex Crockford | 3.08 | 3.10 | 3.07 | 3.08 | 85 | 87 | 39 | 36 | **3.08/86****37** |  | **Found it tough at start but stuck with it** |
| India James | 2.59 | x | 3.04 | x | 84 | x | 39 | x | **n.a.** |  | **Has had a bit of shin/calf soreness since orienteering race, so did alternate** |
| **Group 5** | **1** | **2** | **3** | **4** | **5** | **6** |  |  | **Av.** | **Races** | **Comment** |
| **Distance** | **800** | **800** | **800** | **800** | **800** | **800** |  |  |  |  | **Total = 4800** |
| **Recovery** | **2min** | **2min** | **2min** | **2min** | **2min** |  |  |  |  |  |  |
| Dan Bradley | 2.34 | 2.34 | 2.34 | 2.34 | 2.34 | 2.34 |  |  | **2.34** |  | **Back and hamstrings tight. Seeing Richard Puxty Friday. Worked with Ash** |
| Ashley Gibson | 2.34 | 2.34 | 2.34 | 2.34 | 2.34 | 2.34 |  |  | **2.34** | **27/5 London 10k** | **Most consistent session ever ! Worked with Dan** |
| **Other** |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Sam Crick |  |  |  |  |  |  |  |  |  |  | **Saw Angel as follow up re heel** |
| **Absent** |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Adam Durbaba |  |  |  |  |  |  |  |  |  |  |  |
| Alex Howard |  |  |  |  |  |  |  |  |  | **12/5 BAL 1500** | **London – in dialogue re race plan** |
| Charlie Crick |  |  |  |  |  |  |  |  |  | **5/5 UKYDL 800****11/5 Kent 400** | **School trip. Has school race Saturday and UKYDL Sunday** |
| Chris Olley |  |  |  |  |  |  |  |  |  | **3/5 Portland Twilight 1500** | **Racing Friday** |
| Clara Tyler |  |  |  |  |  |  |  |  |  |  | **Exam mode** |
| Corey De’Ath |  |  |  |  |  |  |  |  |  | **6/5 BUCS 5k****11/5 Ipswich 5k****27/5 London 10k** | **St Marys - 10 ( 2mins), 5x90 ( off 75) , (90s)****5, 5x30 ( off 45) Times 5.15/4.50 (10) , 4.38 (5)** |
| Dan Madams |  |  |  |  |  |  |  |  |  |  | **Marathon recovery** |
| Dan Seagrove |  |  |  |  |  |  |  |  |  | **4/5 - BUCS 800** | **Norwich – won an 800 Wed in 2.06 and did a 52 relay split** |
| Dane Poore |  |  |  |  |  |  |  |  |  |  |  |
| Dominic Brown |  |  |  |  |  |  |  |  |  | **4/5 BUCS 800** | **Sheffield – Wed 1600, 800, 500, 400, 300, 200, 100 off 5,5,4,3,2,1mins in 4.40, 2.19, 73, 59, 41, 27, 12.** |
| Graeme Saker |  |  |  |  |  |  |  |  |  |  |  |
| Harry Lawson |  |  |  |  |  |  |  |  |  |  | **Looks like did session at home** |
| James Price |  |  |  |  |  |  |  |  |  |  |  |
| James Puxty |  |  |  |  |  |  |  |  |  |  | **Leeds** |
| James Stoney |  |  |  |  |  |  |  |  |  |  |  |
| James West |  |  |  |  |  |  |  |  |  |  | **2/5 Payton Jordan 1500 – ran 3.42.41** |
| Jamie Goodge |  |  |  |  |  |  |  |  |  | **12/5 BAL 3k possible** | **Loughborough – 4k easy, 4x200, 4k****Aim 8x3mins off 90s on Saturday** |
| Joe Watts |  |  |  |  |  |  |  |  |  |  |  |
| Kieran Eland |  |  |  |  |  |  |  |  |  | **4/5 BUCS 800** |  |
| Kieran Reilly |  |  |  |  |  |  |  |  |  | **4/5 BUCS 1500** | **Loughborough and due to race at w/e** |
| Liz Weeks |  |  |  |  |  |  |  |  |  |  |  |
| Lottie Richardson |  |  |  |  |  |  |  |  |  | **12/5 Sussex 5000****18/5 Parkrun****27/5 London 10k****10/6 Charnwood 1500/3k** | **3.15,3.04,3.03,2.57,2.59,2.56,37,36****Av.3.02** |
| Luke Hooper |  |  |  |  |  |  |  |  |  |  | **Marathon recovery** |
| Matt Dennis |  |  |  |  |  |  |  |  |  |  | **Marathon recovery** |
| Miles Weatherseed |  |  |  |  |  |  |  |  |  | **4/5 BUCS 1500****18/5 Varsity 1500** | **Oxford – racing at w/e** |
| Nathan Marsh |  |  |  |  |  |  |  |  |  | **3k, 11/5 Ipswich 5k****25/5 BMC Sports City 5000** | **Leeds – felt better, ran 7.5 miles but had incident and jumped to aggravate niggle from last week !** |
| Phoebe Barker |  |  |  |  |  |  |  |  |  | **6/5 BUCS 5000** | **1/5 Watford 1500 – 4.29****Racing Monday** |
| Robbie Farnham-Rose |  |  |  |  |  |  |  |  |  |  | **Away and due back in UK now** |
| Ryan Driscoll |  |  |  |  |  |  |  |  |  | **11/5 Ipswich 5k** | **London – 5 miles tempo at 5.16 p/m plus 4xshort fast strides after.** |
| Simon Coppard |  |  |  |  |  |  |  |  |  |  |  |
| Simon Fraser |  |  |  |  |  |  |  |  |  |  | **Marathon recovery** |
| Steve Fennell |  |  |  |  |  |  |  |  |  | **27/5 London 10k** |  |
| Toby Ryan |  |  |  |  |  |  |  |  |  | **Triathlon mid May** |  |
| Tom Holden |  |  |  |  |  |  |  |  |  |  | **Loughborough – Wed gym, drills, mobility. Thurs run was due** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  | **Has had final shockwave and managed a 2k run, so if ok can build slowly** |
| Will Beeston |  |  |  |  |  |  |  |  |  |  | **Loughborough – 4k easy, 4x200, 4k** |