

MMU Coaching Conference
Running Drills & Terrain Intervals workshop
Jackie Newton & Paul Murgatroyd
Groups 1-3 Task Briefing Sheet

In your group of 5, your task is to create an interval loop on the MMU campus, with the following remit:

- The focus is 'base phase' (Nov-Dec), ie. aerobic endurance
- Each work interval should be ~4 minutes @ LTP
- Include no more than 5 controls within this loop
- There should be a recovery leg of between 60-90secs <LT
- Include no more than 2 controls within this loop
- The navigation should be easy to allow concentration on the running
- Consider how you would differentiate this for different fitness levels

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Groups 4-6 Task Briefing Sheet

In your group of 5, your task is to create an interval loop on the MMU campus, with the following remit:

- The focus is 'pre-season general phase (Jan-Feb)', ie. anaerobic endurance
- Each work interval should be between ~3 minutes @LTP+
- Include no more than 4 controls within this loop
- There should be a recovery leg of between 45-60secs <LT
- Include no more than 2 controls within this loop
- The navigation should be easy to allow concentration on the running
- Consider how you would differentiate this for different fitness levels

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Groups 7-9 Task Briefing Sheet

In your group of 5, your task is to create an interval loop on the MMU campus, with the following remit:

- The focus is 'pre-season specific phase (Mar-Apr), ie. anaerobic endurance
- Each work interval should be between ~2 minutes @ vVO_2 max
- Include no more than 4 controls within this loop
- There should be a recovery leg of ~ 60secs <LT
- Include no more than 2 controls within this loop
- The navigation should be easy to allow concentration on the running
- Consider how you would differentiate this for different fitness levels

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Groups 10-12 Task Briefing Sheet

In your group of 5, your task is to create an interval loop on the MMU campus, with the following remit:

- The focus is 'competition phase (May-July)', ie. speed endurance
- Each work interval should be around ~45-60secs @ $> vVO_2$ max
- Include no more than 3 controls within this loop
- There should be a recovery leg of ~60-90secs <LT
- Include no more than 2 controls within this loop
- The navigation should be easy to allow concentration on the running
- Consider how you would differentiate this for different fitness levels