

## Larne AC New Training Group Structure

The Coaching Team are aiming to structure the club's training groups based on runners pace. It's worth spending a bit of time considering whether you're running with the most appropriate group on each evening. If you are consistently at the front or back of your group, it may be time considering a new one.

We appreciate there are many different reasons why people run - some people enjoy the social aspect of running, some want just to keep fit, whereas others want to train hard and improve their speed and race times. So we at Larne AC hope to provide groups for all but want our Tuesday and Thursday training sessions to push you.

We hope that everyone will make progress but there is no shame in dropping down a group. There are many factors that influence your decision:

- You have been ill
- You have been injured
- People in your group have made progress and are now running faster than you
- Faster people have moved into your group We aim to keep group sizes consistent - it's not fair on Coaches/Running Leaders and the runners if some groups are very small and others are large. However we have many people joining the club which may mean that standards in each group are raised and lowered according to requirements.

You may be someone who should consider moving up a group if you no longer feel challenged by the sessions that you are doing. Take into consideration how you perform in park runs/races/club training in comparison with people in the group above.

We realise that from time to time you may have personal reasons for wanting to join a different group as a "one off". Bear in mind Coaches plan the sessions based on the needs and abilities of the people they expect to have in their groups. If you are a "speedy" runner and join a slower group, please speak to the run leader and let them know why you are joining that group – if may be you are recovering from an injury or that you have had a hard race at the weekend. It can be incredibly demotivating (an impolite) if a fast person joins a slower group and then tries to push on the pace to something that is uncomfortable for them.

If you are injured it is more sensible to have a rest day in the hope for a speedy recovery than joining a slower pace group.

We are also aware that some people switch groups because they don't like a particular session (typically hills or sprints). Unfortunately, if you choose to skip a particular type of session then you may find it harder to progress.

Points to consider –

- If you are not sure if you are in the most appropriate group, chat to Sammy or Run Leader for their opinion
- If you are thinking of moving up a group, it's probably best to try a sprint/hill session with that group first rather than a tempo or extended long run

- If you think the group below may be more appropriate, then a tempo run is an ideal time to try that group as you will easily see whether you are faster than everyone in that group or whether you fit in comfortably

The Coaching Team are providing a variety of measures that people can use to self-assess whether they are running in the most appropriate group. These guidelines are based on the ability of runners who regularly attend training sessions. We ask runners to consider their current performances (ie, how they fared in the last two months) in races and park runs.

Please see table below for guidelines on groups – Name Description 10K Time Tempo Run Pace Run Distance

Name	Description	10K Time	Tempo Run	Pace Run Distance
A	Fundamental/Foundation	60 min +	9.30 + min/mile	< 5 miles
B	Experienced Improver	53 – 59 min	8.30 – 9.30 min/mile	5 – 6 miles
C	Intermediate	47 – 53 min	7.30 – 8.30 min/mile	6 – 7 miles
D	Fast	< 47 min	< 7.30 min/mile	7 miles +

This table is designed to help club members find their training groups that best matches their running ability. Please take time to study it and make sure you are in the correct group.