

Notes from Stonehaven Running Club Coaches

Training Session Saturday 12th January 2013

The following provides notes, actions and comments from the Stonehaven Running Club (SRC) coaches meeting held at the Leisure Centre. These notes reflect the discussions that took place on the night.

Topic	Comment/Details	Action/Decision
Apologies	Jo Thom (JT), Neil Easton (NE), Margaret Connon (MC), Lindsay Scott Duncan (LD)	
Present	George Reid (GR), Frances Richards (FR), Vikki Shanks (VS), Vicky Locke (VL), Keith Anderson (KA), Iain Steele (IS), Craig Donoghue (CD), Claire Allan (CA), Stephen Terwey (ST), John Robson (JR), Simon Winstanley (SW)	
Outcomes from Training	Lindsay Scott Duncan was approved as a coach through a committee meeting in FR September. FR to add her name to distribution list. Currently around half of the committee are coaches; should make an effort to have CA less coaches on the committee and have just one coaches representative. Claire Allan was voted as coaches representative. ST, SW, MC (& LD?) have not been on any of the SA training courses, an effort should be made by these people to try and go on one of the courses as soon as possible. New coaches should use prescribed sessions on the coaches area of the website. CACA should recommend to the committee (through the coaches) whether a perspective candidate is suitable as a coach. Coaches are encouraged to submit a short profile for addition to the website. Those that are already there probably need to be updated. Suggested that the coaches area on the website has a separate tab on the homepage. FR This is still to be password protected. Should also have a link to the SRC Programme.	FR CA ST, SW, MC (& LD?) CACA All FR



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	Approach one of the attendees of the Monday session as a backup coach for VL on a Monday. Need to advertise the novice session. Suggested that there are 'guest' appearances by other coaches occasionally to give more confidence to the runners to move onto other sessions. Coaches Meal – date Wednesday 20th February at the Royal China on Barclay Street. FR to book.	VL/CA
Planning Sessions	It was decided rather than just repeat the same 5 session types in a loop to focus on a club competition race and tailor the club sessions up to that event towards the type of race. Monday and Thursday sessions to be the same (type) and Tuesday and Friday sessions to be the same (type) unless interrupted by MLR, Improvers or club competition. General plan: Tempo and intervals prior to Smokies race on 3rd March Hill sessions April and May in build up to Durriss Hill race on 16th May Speed sessions in May/June ready for Aberdeen Beach 10k Tempo and Pace sessions prior to the Stonehaven Half Marathon in July Improvers session to be a different 5k route in the woods (GR offered to take all these sessions) and to operate on different days. Only 5 sessions are viable due to it requiring light conditions.	

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	The session types are to be: Short Hills – multiple reps multiple length Long Hills – similar to short hills but longer length and less than 5 reps Short speed – Reps of speed work less than 2 minutes in length Long Speed – Reps of speed work between 2 and 10 minutes (mile maximum) Short Tempo – A session containing 1 or 2 tempo elements of between 20 and 30 minutes Long Tempo – A training session with a tempo element of between 40 and 50 minutes Intervals – Structured repetitions for between 2/4 minutes, over a number of sessions increase rep time and decrease recovery Full Recovery Intervals– Very fast runs , maybe only 3 of 2 mins with a full recovery in between of 10 to 15 mins. JR is away from 7th to 11th March GR/SW to take novice sessions then. CD will do Thursdays in February ST will do 15th Jan plus Tuesdays in February IS will do Tuesdays in January plus speed work in May and June SW will do Tuesdays in May	
Next Meeting	Another planning session required June/July at the GP Room in Leisure Centre. Suggest longer than an hour.	