



## New chairman Chris Hall looks at the future of training nights....

# Let's look to train smarter

**A**s you may know by now I have just succeeded Mike Clarke as Chairman of Stubbington Green Runners. I find this a great honour and hope to continue the good work that Mike has done over the past 12 years, writes Chris Hall.

Among a few of the issues that need to be addressed immediately are Tuesday and Thursday night training sessions, these are really suffering lack of numbers at the moment.

This has been a problem for a number of years and a solution has been hard to find.

That was until Lou James spoke up at the AGM and suggested that the sessions need to be better structured with more emphasis on having a hands-on 'coach' on each night.

After discussions with the committee, it was decided that we would do this by planning the sessions a couple of months ahead with volunteers alternating designing and taking training.

For example, I may plan 10 x 400m with 200m recovery for the Tuesday night, Mark Le Gassick may choose a Fartlek session for the following Thursday. We would then need to be at that session to explain the pace, structure etc.

The training would be adapted so that slower runners would be

able to train on the same nights, my session may include less reps, or a longer recovery. We would obviously need one person to coordinate this plan so that the sessions compliment each other.

The schedules would be printed in the *Green Runner* as before but with the 'coach's name alongside and the alternative session for runners who don't want to do quite so much.

These will in no way interfere with the sessions Glen Street is running so successfully.

We have a number of people who have show an interest in helping with this, please don't feel that you are not up to it, the more merrier. Sessions can easily be found on the internet or pinched from other clubs.

Please contact me if interested on: [hally.pfc@ntlworld.com](mailto:hally.pfc@ntlworld.com)

I would like to have this up and running in time for the October newsletter, it has also been decided that Tuesday night runs will be moved to 7pm due to traffic congestion getting to training.

The time will not be changed until an announcement in the newsletter.

Lastly, there has been a little confusion as to who is and is not on the social committee, at the end of the day anyone who has any ideas on the social side of the club is



most welcome to help.

**All change with Stubbington committee: page 2**