

Phil's Senior Endurance Sessions (5K + runners)

Please Note ALL sessions start at 7:15pm warmed up and ready to go. If you wish to do drills on a Tuesday these start at 7:00pm, they are highly recommended for all athletes irrespective of target distance.

On road sessions though routes are chosen with safety in mind athletes are advised to wear bright clothing, be mindful of any traffic, always give way to vehicles and be respectful to pedestrians.

Thurs 24.09.2026

Stamford Park: meet at park car park on Stamford Park Road 7:15pm

1k reps 1min recovery (number dependant on target race distance)

Tues 29.09.2026

Timperley Track: 7:15pm start

4 sets of 3 x 2mins effort with 60secs recovery, 3 mins rest between sets

(if doing Manchester Half Marathon do 3 sets at 85% effort just to keep legs ticking over)

Thurs 01.10.2026

Timperley Track: 7:15pm start

Conditioning Session

Tues 06.10.2026

Timperley Track: 7:15pm start (Phil away on holiday Session to be timed by Tom Brown)

9 x 3mins with 90 secs recovery

Thurs 08.10.2026

No Club Training (Phil on holiday)

Suggested session to do on your own: 4 to 6 x 1mile with 60secs jog recovery at tempo pace

Tues 13.10.2026

Timperley Track: 7:15pm start

Joint track session with Mansel's group

2 x 3mins with 90secs recovery, 2mins recovery jog, 4 x 90secs with 75secs recovery, 2mins recovery jog, 9mins tempo, 2mins recovery jog, 4 x 90secs effort with 75secs recovery

Thurs 15.10.2026

No Club Training (Phil on holiday)

Suggested session to do on your own: 4 to 6mile run at just below tempo pace (ensure you do a warm up and warm down before/after session)

Tues 20.10.2026

Timperley Track: 7:15pm start

20 x 80secs effort with 50secs recovery

Thurs 22.10.

Stamford Park: meet at park car park on Stamford Park Road 7:15pm

2k reps 2mins recovery (number dependant on target race distance)

Tues 27.10.2026

Timperley Track: 7:15pm start

Grass Session 7:15pm start

4 x 2mins with 60secs recovery, 3 x 4mins with 90secs recovery, 4 x 2mins with 60secs recovery

Thurs 29.10.2026

Timperley Track: 7:15pm start

Conditioning Session

Tues 03.11.2026

Timperley Track: 7:15pm start

Joint track session with Mansel's group

4 sets of 4 x 2mins effort with 80secs recovery, 3mins rest between sets

Thurs 05.11.2026

Stamford Park: meet at park car park on Stamford Park Road 7:15pm

1k reps 1min recovery (number dependant on target race distance)

Tues 10.11.2026

Timperley Track: 7:15pm start

Road and Track session

1.5-mile road tempo, 4 x 90secs with 75secs recovery, 3 x 3mins with 90secs rest, 4 x 90secs with 75secs recovery

Thurs 12.11.2026

Timperley Track: 7:15pm start

Conditioning Session

Tues 17.11.2026

Timperley Track: 7:15pm start

Grass Session 7:15pm start

2 x 2mins with 60secs recovery, 2 x 4mins with 90secs recovery, 1 x 6mins with 2 mins recovery, 2 x 4mins with 90secs recovery, 2 x 2mins with 60secs recovery.

Thurs 19.11.2026

Stamford Park: meet at park car park on Stamford Park Road 7:15pm

2k reps 2mins recovery (number dependant on target race distance)

Tues 24.11.2026

Timperley Track: 7:15pm start

Road and Track session

1.5-mile road tempo, 8 x 3mins with 90secs rest

Thurs 26.11.2026

Timperley Track: 7:15pm start

Conditioning Session

Conditioning Sessions - (dates above)

Drills

Proprioception

Plyometrics – starting light and gradually building through the year

Core – including medicine ball work

Resistance running (with harnesses)

If you are unsure or need help concerning any ongoing joint or other issues that may affect your ability to do these exercises please speak to Phil, alternatives or specific adaptations can always be made to allow you to join in these sessions.