

## EA Club Run

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EA funded TRC for 3 sessions with an experienced coach, Kerry Newell. Session 1 was a threshold training session in August 2021 and session 2 was a virtual session on marathon running later in the years.

### Session 3: Training for a 5K PB

Tuesday 5<sup>th</sup> April Chantry Playing Fields. There are a **5** steps:

<b>1</b>	<b>2nd April</b> Chipping Sodbury parkrun	Use the April parkrun at Chipping Sodbury to set a current benchmark 5k time.
<b>2</b>	-	Set yourself a goal e.g. <ul style="list-style-type: none"><li>• Reduce by X seconds or minutes</li><li>• Get to a target time</li><li>• Get to a % age adjusted</li></ul>
<b>3</b>	<b>5th April</b> Chantry Playing Fields	Attend the session on 5 <sup>th</sup> April and build a training plan
<b>4</b>	-	8 week plan to progress to your target.
<b>5</b>	<b>11th June</b> Chipping Sodbury parkrun	June 11th Rerun the and enjoy the result!



#### About Kerry Newell:

- Current England Roles include: England Masters Marathon Team Coach, Tutor for England Athletics & Welsh Athletics, Visual Impairment & Disability in Athletics
  - Experience: County level to U20 European Gold Medallist at 5k.
  - Club/Role: Glos AC / Middle Distance Coach