

APRIL TRAINING 2020

Week Commencing 20th April – All groups 3 pages

Group	W/C 20th April Session 1	Session 2
Development	4-5 miles Fartlek 15 min easy jog warm up with drills then 3 x 3 min hard with 90 secs steady recovery 5 mins steady recovery then 6 x 1 min hard with 1 min steady recovery. Warm down and recovery stretches.	15 minute warm up and drills. 2 sets of 3 x 3 mins efforts with 2 min jog recovery between each effort and 4 mins jog recovery between sets. Again this session can be run on any club route or your own running route.
Improvers	5 miles Fartlek - 15 min easy jog warm up with drills, then 4 x 3 min hard with 90 secs steady recovery, 5 mins steady recovery then 8 x 1 min hard with 1 min steady recovery. Warm down and recovery stretches. This session can be done on most of our country routes, avoiding steep hills. An ideal loop for this is Wramplingham Road Loop from the junction with Melton Road right along Slopers Lane and Right again at Melton Road back to the start point. Care is needed on the bend on Wramplingham Road and on Melton Road where the traffic may be a bit quick.	2 - 15 minute warm up and drills. 2 sets of 3 x 4 mins efforts with 2 min jog recovery between each effort and and 4 mins jog recovery between sets. Again this session can be run on any club route or your own running route.
Progression	Pyramid work : 10 mins warm up 3 x 2min effort, 1min recov between each, 2 x 3min effort, 1 min recov between each, 1 x 4min effort, 1 min recov 1 x 5min effort – recover 2 mins 4 x 30 sec fast – 30 sec jog between each Apx 10min cooling down	Pyramid Hills Apx 10 mins warm up (whatever works for getting to your chosen location) 20 sec fast up x 5 (jog return) 30 sec fast up x 4 (jog return) 45 sec fast up x 3 (jog return) 1 min strong/fast up x 2 (jog return) rest 30 sec 1.15min up strong x 2 (jog return) rest 30 sec 1.30min up strong x 1 recover as you need
Intermediates	Strength Session. (Any terrain.) Warm up approx. 10 minutes. Then 2-minute tempo (7 to 7 ½ /10) 1 min recovery + 3-minute tempo (7 to 7 ½ /10) 1-minute recovery.	Hills & Technique Session: - Warm up approx. 10 minutes, then using a suitable incline. Run up at ½ marathon pace, recover down, run up at 10k pace, recover down, run up at 5k pace, recover down, run

	Repeat x 5 sets. Then 10-minute cool down, and static stretches.	up at 1-mile pace (adjust accordingly if on a longer incline), recover down. Repeat and continue for approx. 40 minutes. Then a 10 minute cool down and static stretches.
Advance	10 mins. tempo . Find a hill . 6 x 45 sec. jog down recovery. 8 x 30 sec. jog down recovery. Hit them hard !	2 x 15 mins tempo @ HM pace with 1 min jog rec. between.(in middle 4 x 30 sec. @3k pace with 30sec.recovery)

APRIL TRAINING 2020

Week Commencing 27th April

Group	Wc 27 th April – Session 1	Session 2
Development	4-5 miles easy running with 10 x 1 minute with 1 min recovery. When running the effort gradually pick up your speed so that the last 20 seconds is run the hardest.	Remember that if you have elected to participate in the virtual Ed Burton series, you have to complete your second run by 30 Apr 20. If you wish you can swap your Ed Burton run for one of the previous sessions and move the session you missed to this date.
Improvers	5 miles easy running with 10 x 1 minute with 1 min jog recovery. When running the effort gradually pick up your speed so that the last 20 seconds is run the hardest.	Remember that if you have elected to participate in the virtual Ed Burton series, you have to complete your second run by 30 Apr 20. If you wish you can swap your Ed Burton run for one of the previous sessions and move the session you missed to this date.
Progression	6 miles total distance – include when you feel ready – 4 x 5 min effort at effort level 7/10, jog or walk for 30 seconds after you finish the effort then begin to slow jog and work back up to your preparation pace and go again when you feel ready. Don't forget your warm ups and cool downs.	Mixed bag session: Hills/Speed/Endurance Total distance 6 miles. Warm up as you need – Now include in your run 2 x 5min hard effort, On a hill/incline – repeat 6 x 30 sec fast with jog down recovery (Continues on next page)

		10 x 30 second pick up speed jogging for 30 sec between each. Have fun with this and do it in whichever order suits your location.
Intermediates	Strength Session. (Any terrain.) Warm up approx. 10 minutes. Then all at tempo pace, (7 to 7 ½ /10) 5 x 2-minute efforts with 1-minute recovery between each. 3 x 3-minute efforts with a 1-minute recovery between each. 2 x 4-minute efforts with a 1-minute recovery between each. 1 x 5-minute effort. Then a 10-minute cool down and static stretches.	Strength Session. (Any terrain.) Reverse Pyramid run, at a steady pace (6 to 6 ½ out of 10). Warm up approx. 10 minutes, then 1/2/3/4/ 5 4/3/2/1 minute efforts with recovery times of 60/50/40/30/20/30/40/50/60 seconds between. Then a 10-minute cool down and static stretches.
Advance	Flat top pyramid . 2,4,6,6,4,2 @ 5k - 10k pace with 90 sec. recovery between.	Tempo. 5 mins.@ slower HMP , 5 mins.@ target HMP , 5 mins. @ faster HMP , 5 mins @ target HMP , 5 mins. @ slower HMP.

We hope that you all enjoy the sessions put together by the WAC coaching team.

Don't forget your warm ups and cool downs they are all part of the session.

Remember that if you have elected to participate in the virtual Ed Burton series, you have to complete your second run by 30 Apr 20.