

# May TRAINING 2020

# Week Commencing 18<sup>th</sup> May – All groups 3 pages

Group	W/C may – Session 1	Session 2
Development	5 miles to include pyramid: 2 min hard 90 secs jog recovery, 4 min hard with 2 min jog recovery, 5 min hard with 3 min jog recovery then 4 min and 2 min with same recovery as above	2 miles warm up then 3 sets of 3 x 2 min with 2 min recovery; 5 min recovery between sets, 2 miles warm down.
Improvers	5 - 6 miles easy run to include 20 mins Tempo at 10km pace. A slightly easier session as the last 2 weeks have been quite hard.	2 miles warm up then 3 sets of 3 x 3 min with 2 min recovery and 5 min recovery between sets, 2 miles warm down.
Progression	<p>Hill repeats – warm up 10- 15 mins or to your chosen hill . Main set: 6 x 10 sec hard effort up, jog return and go, rest 1 min recov, 5 x 20 sec hard, jog return and go, then 1 min recov, 4 x 30 sec hard, jog return and go, then 1 min recov, 3 x 40 sec medium effort, jog return and go, then 1 min recov, 2 x 50 sec medium/hard, slow jog recov and go, then 1 min rest, 1 x 1min all out effort. Walking recov.</p> <p>End with 4 x 30 second pick up bursts on the flat preferably (start slow and increase pace till the effort ends) rest between each either with brisk walking or slow jog go when ready. Cool down for about 10 mins slow running - don't forget to smile 😊</p>	<p>Warm up 10-15mins – choose your route wisely. Aim if possible for flater route.</p> <p>3 x 4min faster efforts, recover 2 mins (start recovery slowly and gradually build up pace so that you are at pace by the time the next effort starts)</p> <p>2 x 8mins faster effort, same recovery</p> <p>Cool down same as warm up 😊</p>
Intermediates	<p><b>Pace Management Session</b></p> <p>10 minutes warm up at easy pace, then 15 minutes at your half marathon pace, then 5 x 90 seconds at 5k pace with a 60 second recovery between each, then 15 minutes at your 10k pace, followed by a 10 minute cool down and static stretches.</p>	<p><b>Continuous Hills Session</b></p> <p>10-minute warm up, then using a suitable hill, 30 minutes of continuous running. Vary your pace and the distance travelled up the hill to how you feel, recover down the hill. You must work for a minimum 30 minutes on the hill.</p> <p>10 minute cool down and static stretches.</p>
Advance	Warm up 2 miles , 4 sets of 200m (or 45 sec.) , 200m , 400m (or 90 sec.) with same jog recovery between. Cool down.	Warm up 2 miles , 4 x 10 mins. tempo @ 10k pace with 90 seconds jog recovery between . Cool down.

Group	Session 1	Session 2
Development	5 miles easy run to include 15 mins Tempo at 10km pace. A slightly easier session as the last 2-3 weeks have been quite hard.	<b>Kenyan Hills - see description on next sheet</b> 15 min warm up to your selected hill location the run uphill for 1 minute returning to the start point at a steady rate. You are aiming to do 4-5 hills at a steady rate maintaining similar pace on the downhill as the uphill.
Improvers	6 miles to include pyramid: 2 min hard 90 secs jog recovery, 4 min hard with 2 min jog recovery, 6 min hard with 3 min jog recovery then 4 min and 2 min with same recovery as above	<b>Kenyan Hills –</b> - 15 min warm up to your selected hill location the run uphill for 1 minute returning to the start point at a steady rate. You are aiming to do 6-7 hills at a steady rate maintaining similar pace on the downhill as the uphill. Run up and down at a similar pace and do not stop! As the description if you have to stop and walk you are running the hills too hard. If you are not used to running hills then don't select a steep one, try one that is challenging but within you capabilities.
Progression	Total distance apx 10km – Fartlek the route for 5km - begin when you feel warmed up sufficiently. You decide on the speed sections aim for at least one longer section of 5 mins, balance your efforts and try and keep recoveries short without walking.	Warm up apx 5-10mins . Pace building –working in 10 min sections building tempo each 1 min to a total effort time of 10 mins. Recover for 1-2 mins then repeat the tempo increase x 4 Cool down 5-10mins
Intermediates	<b>Strength Session.</b> (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.	<b>Strength Session.</b> (Any terrain.) Pyramid run, at a steady pace (6 to 6 ½ out of 10). Warm up approx. 10 minutes, then 1/2/3/4/ 5 -5/ 4/3/2/1 minute efforts with a 40 second jog recovery time between each effort. Then a 10-minute cool down and static stretches.

Advance	Warm up 2 miles , 4 x 1 mile @ 5k pace with 2mins walk/jog recovery. 3 x 1 min. @ 400m pace with 1min. jog recovery between. Cool down.	Warm up 2 miles , 10 mins. tempo @ 10k pace . Downhill repeats. 5 x 1 min. , 5 x 45 sec., 5 x 30 sec. with slow jog uphill recovery between . Cool down  See note from Mark *
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**Intermediate Kenyan Hill Session** - Kenyan hills are so called because they are often used as training by some of the best Kenyan distance runners. This form of hill workout is continuous in that it involves an 'active' recovery, with the aim being to keep blood lactate levels and heart rate elevated throughout the workout. The aim of this workout is to run each uphill segment hard, yet controlled so that you are able to maintain a steady pace during the downhill segments. If you're forced to stop and walk you're running too hard!

**Advance Group Downhill Repeats** - Resist the urge to brake when cause you to lean back . You should lean forward slightly from the ankles and try to land mid foot but you need to keep your core engaged and your body aligned. Take advantage of gravity and work on quicker leg turnover.

We hope that you enjoy this weeks sessions. Good Luck

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