

May TRAINING 2020

Week Commencing 4th May – All groups 3 pages

Group	W/C 4 th may – Session 1	Session 2
Development	Easy to remember this one - Brisk 5 miles at around 80% of 5 mile race pace. So, in a race if you run 5 miles in 50 mins that is about 10 min miling so you should look to finish in around 52-54 mins.	15 min warm up then 4-5 x 75 secs with 2 min jog recovery 15 min warm down.
Improvers	Brisk 5 miles at around 80% of 5 mile race pace. So, in a race if you run 5 miles in 45 mins that is about 9 min miling so you should look to finish in around 47-48 mins.	This session is the road equivalent of the flying 40's we run on the track. Out and out speed. After a 10 min warm up and dynamic stretching 1 x 3 min fast, 90 secs recovery, 1 x 2 min fast 1 min recovery, 2 x 1 min fast 30 secs recovery. You should be fully warmed up after this so take 3 min jog recovery then: 1 min efforts broken down as 15 secs acceleration; 30 secs flat out, 15 secs deceleration and 1 min jog recovery. That is one effort, do this 4 times and that is one set. After each set take 3 mins recovery and repeat. Aim to complete 3-4 sets and remember your recovery and stretching afterwards.
Progression	Pyramid work : 10 mins warm up 1min effort x 3 2min effort x 3 3min effort x 3 4min effort x 3 Apx 10min cooling down	Longer run – up to 7 miles Include speed ups of 30 second bursts x 10 Put them in when you want to Remember your form
Intermediates	Pace & Strength Warm up for 10 minutes then, 5 x 90 sec @ 5k pace (7.5 to 8 effort) with 60 sec recovery between, then 10 minutes @ threshold (6 to 7 effort) & repeat. Then 10-minute cool down and static stretches.	Pace & Strength. Progression Run. 10 minute Warm up, Then increase pace to approx. 4/5 effort level for 10 minutes, then increase again to 5/6 effort level for a further 10 minutes, then increase again to 6/7 effort level for 10 minutes and finally effort level 7/8 for 5 minutes only. 10-minute cool down and static stretches.
Advance	2 sets of 1 min hard , 1 min easy , 2 mins hard , 2 mins easy , 3 mins hard , 3 mins easy , 2 mins hard 2mins easy , 1 min hard , 1 min easy . All hard efforts between 5k - 10k pace	Speedwork - 3 sets of 4 x 2 mins with 1 min recovery and 2 mins recovery between sets . 1st set @ 10k . 2nd set @ 5k. 3rd @ faster than 5k. Pace judgement

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Development	15 min warm up then 3 sets of 2 min hard 1 min recovery then 4 min hard; 3 min jog recovery between each set. 15 min warm down.	This session is the road equivalent of the flying 40's we run on the track. Out and out speed. After a 10 min warm up and dynamic stretching, 1 x 3 min fast, 90 secs recovery, 1 x 2 min fast 1 min recovery, 2 x 1 min fast 30 secs recovery. You should be fully warmed up after this so take 3 min jog recovery then: 1 min efforts broken down as 15 secs acceleration; 30 secs flat out, 15 secs deceleration and 1 min jog recovery. That is one effort, do this 3 times and that is one set. After each set take 3 mins recovery and repeat. Aim to complete 2-3 sets and remember your recovery and stretching afterwards.
Improvers	15 min warm up then 4 sets of 2 min hard 1 min recovery then 4 min hard and 3 min jog recovery between each set. 15 min warm down.	15 min warm up then 6-8 x 75 secs with 2 min jog recovery 15 min warm down
Progression	Warm up 10mins Use and Out and back route. 3 x 4 min effort running – 1min 30 jog between each, turn back now Repeat the 3 x 4 min slightly faster efforts but the same recovery. Remember you must take the recovery time to ensure you run your efforts at your strongest paces. Cool down jog as you wish	Warm up 10mins Strong steady pace running – go for 3 x 10mins then finish with 5x fast efforts of 45 seconds – 1 min Cool down as you wish – 10mins approx.
Intermediates	Hill Session. (Use any suitable hill please). 10 minute warm up at an easy pace. then at a strong pace, (7-7 ½ out of 10) 5 x 60 seconds, 4 x 45 seconds, 3 x 30 seconds running up the hill. Use the run back down the hill as your recovery. Once complete, 10 minutes at a recovery pace and stretches please.	Strength Session 10 minute warm up at an easy pace. Then 10 minutes at steady pace (6 to 6 ½ out of 10), then increase pace to threshold (7 to 7 ½ out of 10) for 4 minutes, then 1 minute at recovery, repeat, but the 5 minutes at threshold pace this time. 1 minute at recovery pace, followed by 5 minutes at steady pace, and 2 minutes at threshold pace to finish. Approx. 10 minutes cool down and stretches please.

Advance	Speedwork - 2 x 6 mins @ 5k pace with 90 sec. recovery , 2 x 4 mins @ faster than 5k with 1 min recovery , 3 x 2 mins @ last race mile pace with 40 sec. recovery.	Tempo 3 - 4 miles @ H.M. pace . Then work on finishing kick of a race. 2 sets of 1 min easy , 1 min @ faster than 5k pace , 1 min easy , 30 sec. @ last mile race pace , 1 min easy , 15 sec. @ 400m pace. Work on your form .
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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.