

JULY TRAINING 2020

Week Commencing 6th July – All groups

Session details may overrun onto additional pages. Enjoy the sessions and Good Luck

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

Thanks go to all the coaches and Lirfs who have contributed to providing you all training sessions for the lockdown weeks

Group	SESSION 1	SESSION 2
Development	<p>10 min easy warm up then Pyramid consisting of 2 x 2 min hard with 1 min jog/walk recovery - 1 x 4 min hard with 2 min jog walk recovery - 1 x 6 min hard with 3 mins jog/walk recovery - 1 x 4 min hard with 2 min jog recovery - 2 x 1 min with 1 min jog/walk recovery. 10-15 mins warm down and stretches.</p>	<p>Only do this session if you are NOT taking part in the Virtual Ekiden Relay.</p> <p>15 min warm up jog and drills, then 2 sets of 1 min hard with a reducing recovery, starting at 60 secs, then reducing by 10 secs for each effort. after the first set, take 5 mins slow jog recovery then repeat the efforts. 10 mins recovery jog followed by warm down stretching. This session ideally should be run on grass, say around a football pitch, but can be run on the streets, just be careful of the usual street hazards especially now more people are likely to be out and about.</p> <p>Otherwise a steady 4-5 miles with 5 x 30 second bursts when well warmed up.</p>
Improvers	<p>15 min easy warm up then Pyramid consisting of 1 - 2 - 3 - 4 - 4 - 3 - 2 - 1 at 5km pace with 90 secs recovery between efforts and 3 min jog recovery between the four min efforts. Do this session earlier in the week to be fresher for your Ekiden run</p>	<p>Only do this session if you are NOT taking part in the Virtual Ekiden Relay.</p> <p>15 min warm up jog and drills. then 2 sets of 1 min hard with a reducing recovery, starting at 60 secs, then reducing by 10 secs for each effort. after the first set, take 5 mins slow jog recovery then repeat the efforts. 10 mins recovery jog followed by warm down stretching. This session ideally should be run on grass, say around a football pitch, but can be run on the streets, just be careful of the usual street hazards especially now more people are likely to be out and about.</p>

		Otherwise a steady 4-5 miles with 5 x 30 second bursts when well warmed up.
Progression	Hills - Warm up 10 mins slow to steady running. Working either a route with several hills on it or select a hill to stay on. Run the hill 4 times (at least 1 min each time up then jog return and go again.) rest 1 min , repeat 3 times, repeat 2 times, repeat 1 time. Cool down as per your warm up	5 - 6 miles to include 15 min warming up, adding a little pace every 1-2mins. Now Increase pace to 10k for 8 mins, jog for 2 mins, increase pace for 12 mins to 10k, jog for 2 mins finish with 15 mins gradually cooling and slowing a little every 1-2 mins
Intermediates	Pace & Strength Warm up for 10 minutes then, 2 minutes @ 5k pace, (7/10 effort level) then recover for 1 minute. Repeat x 5 in total. Then take a 2-minute jog recovery, then a 10-minute threshold run, then recover for a further 2 minutes, then repeat both sections again. 10-minute cool down and static stretches please.	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. Then 10-minute cool down and static stretches
Advance	Try to find a long hill ideally about half mile . Warm up 2 miles. 4 sets of Uphill we doing 15 seconds hard then 15 seconds easy jog and repeat to top . Take 90 seconds recovery . Then at a controlled but hard pace downhill all the way to the bottom . Don't lean back going downhill . Take 90 seconds recovery. Cool down. Stretches. On these we're working on your cadence and stride length but not over striding.	4 - 5 miles @ tempo

Week Commencing 13th July

Group	Session 1	Session 2
Development	Recovery Run 5 miles. Starting easy for 10 mins, slowly build up to a steady, but not mad pace. Once you are well warmed up between minutes 20 and 40 of your run insert 10 x 30 secs strides at a brisk pace with 1 min recovery at your previous pace. Into your last mile slowly decelerate until you end up jogging the last half mile slowly	Session: 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.
Improvers	Recovery Run 5 - 6 miles. Starting easy for 10 mins, slowly build up to a steady, but not mad pace. Once you are well warmed up between minutes 20 and 40 of your run insert 10 x 30 secs strides at a brisk pace with 1 min recovery at your previous pace. Into your last mile slowly decelerate until you end up jogging the last half mile slowly.	10 min easy warm up jog then dynamic stretching. 30 secs hard - 60 secs recovery 45 secs hard with 60 secs recovery 60 secs hard with 60 secs recovery 90 secs hard with 60 secs recovery 60 secs hard with 60 secs recovery 45 secs hard with 60 secs recovery 30 secs hard with 60 secs recovery 5 min jog recovery and repeat. Hard efforts should be done at around 1 mile race pace
Progression	Pyramid and pace session, 15 mins warm up, simple pyramid 1,2,3,4,3,2,1, try to stick to 1- 1 ½ min recovery between each time period. 1 st min –1km pace, 2 nd min, 1 mile pace, 3 rd min 5k pace, 4 th min 10k pace. Etc., End with 15mins cooling down	warm up for 10mins, then Endurance time working in 3 min slots pace of around 10 mile - ½ marathon pacing 6 x 3 mins, slowing down to 1 – 1 1/2mins very light jog between each then ending with 10mins very easy running
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) 6 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. Finish the session with a 10-minute steady run, preferably on an incline, focusing on your hill running technique. Once completed, 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 (5 to 6 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 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

<p>Advance</p>	<p>Progression run</p> <p>Warm up 2 miles. 2 x 1200 m @ starting 10 miles pace getting faster every 400m with 90 seconds recovery between. 1 and half miles - 2 miles @ start easy building up to 10k pace with 2 mins recovery . Then 5 x 300m 1st effort @ 10k and speed up each effort with 100m slow jog recovery between . Cool down. Stretches. We are working on finish strong.</p>	<p>4 - 5 miles @ tempo</p>
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Week commencing 20th July

Group	Session 1	Session 2
<p>Development</p>	<p>15 minute warm up and drills. 2 sets of 3 x 4 mins efforts with 2 min jog recovery between each effort and 4 mins jog recovery between sets.</p>	<p>15 minute warm up jog and dynamic stretches. Each of the following to be run at around 75% effort of your 5k pace, so bask rather than flat out. Remember, you have to get to the last effort, which is the hardest to do. Keep that in mind when you are running so don't go mad at the start. The idea is to complete the session</p> <p>4 x 1 minute efforts with 1 minute recovery between each.</p> <p>3 x 2 minute efforts with a 1 minute recovery between each.</p> <p>2 x 3 minute efforts with a 1 minute recovery between each.</p> <p>1 x 5-minute effort.</p> <p>Take 90 secs jog recovery after each set then a 10-minute cool down and static stretches</p>

<h2>Improvers</h2>	<p>15 minute warm up and drills. Inverted Pyramid session</p> <p>5 min at half marathon pace with 90 secs jog 4 mins at 10 mile pace with 90 sweets jog recovery 3 mins at 10km pace with 90 secs recovery 2 mins at 5k pace with 90 secs recovery 1 min at mile pace with 3 min jog recovery then repeat 5-4-3-2-1</p>	<p>15 minute warm up jog and dynamic stretches. Each of the following to be run at around 80% effort of your 5k pace, so brisk rather than flat out. Remember, you have to get to the last effort, which is the hardest to do. Keep that in mind when you are running so don't go mad at the start. The idea is to complete the session</p> <p>4 x 1 minute efforts with 1 minute recovery between each. 3 x 2 minute efforts with a 1 minute recovery between each. 2 x 3 minute efforts with a 1 minute recovery between each. 1 x 5-minute effort.</p> <p>Take 90 secs jog recovery after each set then a 15-minute cool down and static stretches</p>
<h2>Progression</h2>	<p>5-6miles steady running , start with a builder warm up, increase pace every 2 mins (so start slow to let those legs get working and your breathing sort itself out) warm up should be around 10 mins.</p> <p>Main part of the run, controlling your pace then</p> <p>Include speed ups of 30 second bursts x 12</p> <p>Put them in when you want to</p> <p>Your cool down here is part of your total distance.</p>	<p>10min warm up easy running. Increase pace to 10k for 8 mins, jog for 2 mins, increase pace for 10 mins to 10k, jog for 1 min <u>* stop* re-fire those legs with a quick burst of 30 seconds of star jumps, 5 tuck jumps (if you can remember them) or 5 powerful squat down and jump up,</u> now jog for 1 min and then increase pace to 10k for 8 mins, jog for 2 mins then finish with 10-15 mins easy running, don't forget your stretching</p>
<h2>Intermediates</h2>	<p>Hill session. Continuous hills. 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. Practice your hill running technique. 10-minute cool down and static stretches please.</p>	<p>Pace Management Session 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 please.</p>

Advance	Decending Time trial Warm up 2 miles plus 4 - 6 strides . 1 mile @ as fast as you can go with 4 mins easy jog . 1200m @ as fast as you can go with 4 mins easy jog. 800m @ as fast as you can go with 4 mins easy jog. 400m @ as fast as you can go with 4 mins easy jog . Cool down . Stretches. We're gauging your fitness , see if you can beat last month.	4 - 5 miles @ tempo
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Week Commencing 27th July

Group	Session 1	Session 2
Development	10 - 15 min warm up and dynamic stretch. 5km Time Trial . 10 -15 min warm down and stretch. Send your times and distance verification to Dave H please	Hill Session - 10-15 min warm up jog to the hill of your choice. you will need to find a hill that will take around 2 mins to run up from bottom to top. Starting at the bottom of the hill run 4 x 1 min up the hill with a jog back recovery. 3 mins recovery. Then 5 x 45 secs up hill with a jog back recovery. 3 min recovery. 3 x 30 secs up hill with jog back recovery. 3 min recovery. Last effort is 2 mins hard up the hill accelerating for the last 30 secs as you crest the top. 10 min jog recovery and warm down stretches.
Improvers	10 - 15 min warm up and dynamic stretch. 5km Time Trial . 10 -15 min warm down and stretch. Send your times and distance verification to Dave H please	Kenyan Hill Efforts. 10-15 min warm up to your hill of choice and dynamic stretches. From your start point run a steady pace up and down the hill AT THE SAME PACE for 5 mins. Take 2 mins recovery then repeat. Run a total of 4 x 5 min sets. Each up hill effort should taken around 45 secs, the same going down so judge your pace accordingly. You should aim to hit the same turning point on the hill on each effort in your allotted time.

<h2>Progression</h2>	<p>Warm up for around 10mins start slow! Gradually build pace to a good tempo. <u>Now for the fun bit.</u> Stop and prep yourself to run a 5k. Give yourself a few mins as you would on the start line and just do it! focus on form and technique, get creative and if you can swap sides on the path you are on as if you were overtaking people and powering through to the finish 3-2-1 Go..... above all have fun and smile! When you finish do a cool down of around 10mins or whatever you feel like. If you want to post your times etc on fb please do.</p>	<p>Pyramid work : 10 mins warm up Take apx 30 sec – 1min recovery between the first two effort sets 1min effort x 3, 2min effort x 3, <u>* stop* re-fire those legs with a quick burst of 30 seconds of star jumps, 5 tuck jumps (if you can remember them) or 5 power squat down (bend those legs don't just lean forwards!) and jump up,</u> Take apx 1 min recovery between the next two effort sets 3min effort x 3, 4min effort x 3 Apx 10min cooling</p>
<h2>Intermediates</h2>	<p>Strength Session. 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.</p>	<p>Pace Session 10 minutes warm up at an easy pace, then run for 10 minutes @ 10k pace, (effort level of 6 to 7 /10) then increase tempo to 5k pace (7 to 7 ½ /10) for 3 minutes. After 3 minutes, reduce to recovery pace for at least 1 minute, or longer if you feel you need. Repeat the process for 40 minutes in total. Then 10-minute cool down, and finish with static stretches please.</p>
<h2>Advance</h2>	<p>Speed Warm up 2 miles. 3 x 3 mins @ 10k pace with 90 seconds recovery . Then 10 x 90 seconds (first 5 @ 5k , second 5 faster than 5k) with 45 seconds recovery . Cool down . Stretches</p>	<p>4 - 5 miles @ tempo</p>