

# TRAINING 2020

# Week Commencing 3rd August – 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	Steady 5 miles to include a 10 min jog warm up. Pace should be around 75 - 80% of full five mile race pace. Remember to include your warm down as part of the 5 mile so that you run no more than that distance.	15 min warm ups with dynamic stretching then 3 sets of 3 x 2 min hard with 2 min jog recovery with 5 min jog/walk recovery between sets. 10 min warm down and static stretching.
Improvers	10 min warm up at slower than half marathon pace. Endurance Session - 5 x 4 mins at 10k pace with 90 secs slow jog recovery. 10 min slow jog recovery with static stretching at the end of the session.  This session contributed by Cindy:	Warm up with 15 min increasing pace run with 5 min at half marathon pace, 4 min at 10k pace and 3 min at 5k pace. Dynamic Stretches. Then 2 min effort at 5k pace with 30 secs recovery then 30 secs sprint with 90 secs recovery - that is 1 set; session is 4 sets in total. 10 min warm down with static stretches after. Variation if you wish, run the first 2 efforts at around your 5k pace, the last 2 at better than 5k pace.
Progression	Hills – 10- 15 mins warm up – start slow and build up speed gradually Continuous hills – (deep lane sand/dirt track is a good choice here working both up and down) 20 mins work – try to keep pace solid and steady working on building strength. 10-15mins relaxed running	10 – 15 mins warm up – Tempo running for 3 miles, slow for 3 mins 10 x 20 second bursts of speed with 20sec of slow running between 10 – 15 mins relaxed running
Intermediates	<b>Strength Session.</b> Warm up at an easy pace for 10 minutes. Then all at tempo pace, (7 to 7 ½ /10) 6 x 90 seconds efforts with 1-minute recovery between each. 4 x 2-minute efforts with a 1-minute recovery between each.	<b>Strength Session. <u>Pyramid run.</u></b> Warm up at an easy pace for 10 minutes. Then at a steady pace (6 to 7/10). 1/2/3/4/ 5 4/3/2/1 minute efforts with recovery time of 1 minute between each effort.

	3 x 3-minute efforts with a 1-minute recovery between each. 1 x 4-minute effort. Then a 10-minute cool down and static stretches to finish please.	Then a 10-minute cool down and static stretches to finish please.
Advance	1st wk. - 2 miles warm up , Hill efforts 2 sets of 3 x 90 sec., 3 x 60 sec., 3 x 45 sec., 3 x 30 sec. Uphill fast and downhill jog recovery. 2 mins. rest between sets . Cool down . stretches .	- 2 miles warm up , 5 miles @ tempo , Cool down, stretches

## Week Commencing 10<sup>th</sup> August

Group	Session 1	Session 2
Development	10 min warm up and dynamic stretching. Hill session 20 mins continuous hill running. Try and vary the distance and your pace up the hill and your recovery down the hill. Make sure you work for 20 mins and try and refine your hill running technique. 10 mins warm down and static stretching	10 mins warm up and dynamic stretches, then 5 sets of 400m fast with 150m jog recovery then 100m fast with 350m jog recovery. If you do not have a Garmin or can't measure the distances, substitute the following: 2 min fast with 1 min jog recovery 20 secs hard followed by 2 min jog recovery
Improvers	10 min warm up and dynamic stretching. Hill session 20 mins continuous hill running. Try and vary the distance and your pace up the hill and your recovery down the hill. Make sure you work for 20 mins and try and refine your hill running technique. 10 mins warm down and static stretching	10 mins warm up and dynamic stretches, then 5 sets of 400m (2 mins) fast with 150m (1 min) jog recovery then 100m (30 secs) fast with 350m (3 min) jog recovery. (Times in brackets are for those without a garmin or other technology)
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 <sup>st</sup> min –1km pace, 2 <sup>nd</sup> min, 1 mile pace, 3 <sup>rd</sup> min 5k pace, 4 <sup>th</sup> 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	<b>Hills &amp; Technique Session:</b> - Easy paced warm up for approx. 10 minutes,	<b>Strength Session.</b> Easy paced warm up for 10/15 minutes.

	<p>then using a suitable hill: -  Run up at ½ marathon pace, recover down, run up at 10k pace, recover down, run up at 5k pace, recover down, run 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 please.</p>	<p>Then, 2-minute threshold pace run (7 ½ to 8 /10)  1 min jog recovery followed by a 3-minute threshold pace run (7 ½ to 8 /10) followed by a 1-minute recovery.  Repeat x 5 sets in total.  Then a 10-minute cool down, and static stretching please.</p>
<b>Advance</b>	<p>2 miles warm up , 12 x 400 m ( first 4 @ 10 sec. per mile slower than 5k , second 4 @ target 5k , last 4 @ 10 sec. per mile faster than 5k ) 2 miles Cool down. stretches.</p>	<p>- 2 miles warm up , 5 miles @ tempo , Cool down, stretches</p>

## Week commencing 17<sup>th</sup> August

Group	Session 1	Session 2
<b>Development</b>	<p>4-5 miles steady pace including 10 min warm up. Steady pace should be around 70-75% effort. Once well warmed up slot in max 10 x 1 min effort with variable recovery. The efforts should be around 85-90% effort. Recovery should be variable but <u>up to</u> twice the effort.</p>	<p>: 5 miles to include the following: 10 min warm up and dynamic stretches. Pyramid Session 1 - 2 - 3 - 4 - 3 - 2 - 1 with 90 secs min recovery between efforts and 2.5 min recovery half way through. 10 min warm down and static stretches. Efforts to be done at 10k pace</p>
<b>Improvers</b>	<p>5-6 miles steady pace including 10 min warm up. Steady pace should be around 70-75% effort. Once well warmed up slot in max 10 x 1 min effort with variable recovery. The efforts should be around 85-90% effort.</p>	<p>5 miles to include the following: 10 min warm up and dynamic stretches. Pyramid Session 1 - 2 - 3 - 4 - 3 - 2 - 1 with 1 min recovery between efforts and 2 min recovery half way through. Hard efforts to be run at 10km pace. 10 min warm down and static stretches.</p>

<p><b>Progression</b></p>	<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 10 with 30 second recovery</p> <p>Your cool down here is part of your total distance.</p>	<p>10min warm up easy running. Increase pace to 10k for 4mins, jog for 2 mins, increase pace to 10k for 8 mins, jog for 1 min, increase pace to 10k for 8 mins, jog for 2 mins to 10k for 4mins then finish with 10-15 mins easy running, don't forget your stretching</p>
<p><b>Intermediates</b></p>	<p><b>Strength Session</b></p> <p>10 minute warm up at an easy pace.</p> <p>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.</p>	<p><b>Hill Session.</b> (Use any suitable hill please).</p> <p>10 minute warm up at an easy pace.</p> <p>then at a strong pace, (7-7 ½ out of 10)</p> <p>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.</p> <p>Once complete, 10 minutes at a recovery pace and stretches please.</p>
<p><b>Advance</b></p>	<p>2 miles warm up , 4 x 1 mile ( 800 m hard , 800 m rolling recovery ) , 2 miles Cool down . stretches.</p>	<p>- 2 miles warm up , 5 miles @ tempo , Cool down, stretches</p>

## Week Commencing 24<sup>th</sup> August

Group	Session 1	Session 2
<p><b>Development</b></p>	<p>10 min warm up and dynamic stretching. <b>3rd 5km Time Trial.</b> Your best 5k pace for an improved time. Warm down and stretch. Please pass on your times and distance verification to Dave H.</p>	<p>10 min warm up and dynamic stretches. 1 x 2 min fast, 90 secs recovery; 2 x 1 min fast 1 min recovery; 2 x 30 secs fast with 30 secs recovery. Take 3 min easy</p>

		<p>jog recovery then 1 min efforts broken down as follows:</p> <p>15 secs acceleration - 30 secs flat out - 15 secs deceleration with 1 min walking or standing recovery. That is 1 set. Aim to complete 3 - 4 sets and remember recovery and stretching afterwards</p>
<b>Improvers</b>	<p>10 min warm up and dynamic stretching. <b>3rd 5km Time Trial.</b> Your best 5k pace for an improved time. Warm down and stretch. Please pass on your times and distance verification to Dave H via the WhatsApp group or e-mail</p>	<p>10 min warm up and dynamic stretches. 1 x 2 min fast, 90 secs recovery; 2 x 1 min fast 1 min recovery; 2 x 30 secs fast with 30 secs recovery. Take 3 min easy jog recovery then 1 min efforts broken down as follows: 15 secs acceleration - 30 secs flat out - 15 secs deceleration with 1 min walking or standing recovery. That is 1 set. Aim to complete 4-5 sets and remember recovery and stretching afterwards.</p>
<b>Progression</b>	<p>10mins warm up easy pace. 4min 10k pace efforts x 6, recover for 1-2min inbetween each Cool down apx 5- 10mins</p>	<p>1 mile warm up, tempo run for 4 miles, 1 mile cool down</p>
<b>Intermediates</b>	<p><b>Pace Management Session</b> 10 minutes warm up at easy pace, Then:_ 15 minutes at your half marathon pace, followed by 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 stretching please.</p>	<p><b>Hill session. Continuous hills. Off Road</b> 10-minute warm up, then using a suitable hill on a track or trail, 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. 10 minute cool down and static stretches to finish please.</p>
<b>Advance</b>	<p>2 miles warm up , 10 mins tempo , 3 x 3 mins. , 3 x 2 mins., 3 x 1 mins. ( 60 sec. recovery between efforts and 2 mins. between sets ) Cool down . Stretches</p>	<p>- 2 miles warm up , 5 miles @ tempo , Cool down, stretches</p>

## Week commencing 31<sup>st</sup> August

*This is the last day of August, and the nights are starting to draw in. Remember it is worth digging out the high viz kit if you are training in the evening. Although sunset is not until around 8-30, if you are out running from 7-30pm the light will start to fade. Ideal for landscape photographers, not so good for seeing runners!*

Group	Session 1	Session 2
Development	4-5 miles fartlek to include 10 minute warm up and dynamic stretches. Vary efforts from 30 secs to 3 mins with appropriate recovery.	10 min warm up and dynamic stretching, then 2 x 4 min hard with 2 min jog/walk recovery; 2 min recovery; 3 x 2 min hard with 90 secs recovery between efforts; 2 min recovery; 4 x 1 min hard with 1 min recovery between efforts. 10 min warm down and static stretching.
Improvers	10 min warm up and dynamic stretching, then 2 x 4 min hard with 2 min jog/walk recovery between efforts; 2 min recovery; 4 x 2 min hard with 90 secs recovery between efforts; 2 min recovery; 6 x 1 min hard with 45 secs recovery between efforts. 10 min warm down and static stretching.	5 - 6 miles fartlek to include 10 minute warm up and dynamic stretches. Vary efforts from 30 secs to 4 mins with appropriate recovery
Progression	10 min warm up, Hills running pyramid – repeat as many times as you wish 20sec up x 4, rest 30sec- 1min, 30 sec up x 4, rest 30sec -1min, 40 sec up x 4, rest 30sec-1min Rest 2 min between sets Cool down 10 mins apx	Warm up 10 mins  5km on the hilliest route you can find. Work the hills hard up and down. Concentrate on strong pacing and positive thinking  Cool down 10mins
Intermediates	TBC	TBC
Advance	2 miles warm up , 4 sets of ( 600m , 400m , 300m , 200m ) with 60 sec. recovery between efforts and 2 mins. between sets. Start at 10k and work towards mile race pace. Cool down. Stretches	- 2 miles warm up , 5 miles @ tempo , Cool down, stretches