

TRAINING 2020

Week Commencing 7th September – All groups

Session details may overrun onto additional pages. If you're out in the evenings don't forget your hi-viz

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 for the training plans and those who are able to lead the new start up weekend sessions.

If you want to book a place on the weekend sessions please message Andrew Lane – please note that you must book in advance

| Group | SESSION 1 | SESSION 2 |
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| Development | 10 min warm up and dynamic stretching. 2 sets of 15 min tempo running at 10km race pace with a 5 min slow jog recovery between each set. Warm down and stretch. | 10 min warm up and dynamic Stretching. 4 sets of 4 min @ 5k pace 1 min Recovery then 1 min fast and 2 min jog recovery. 10 min jog warm down and sta@c stretching. This will be the Sunday session, leader TBN. |
| Improvers | 6 miles broken down as follows: 1 mile easy warm up. 4 miles to include Pyramid 2 - 4 - 6 - 6 - 4 - 2 with 90 secs jog recovery between each effort and 2 mins recovery between the 6 min efforts. Efforts to be done at beRer than 10km pace, recover sloooowwly | 10 min warm up and dynamic Stretching. 4 sets of 4 min @ 5k pace 1 min Recovery then 1 min fast and 2 min jog recovery. 10 min jog warm down and sta;c stretching. This will be the Sunday session, leader TBN. |
| Progression | Hills – 10 mins warming up – gradual increase in pace. 1. 5mins of up and down maintain Pace up and down – approx. 150m ish is ideal. (Barnham broom road perhaps or chapel lane) Rest 1- 2 mins 2. 5mins of up and down (200m) increase pace in last 25m Repeat 1 & 2 10mins- 15mins cooling down. | 10min warm up, 2 miles at ½ marathon pace (apx 17-19mins) Recover – 2 mins 2 miles at 10k pace (apx 16-18mins) 10 mins cooling down/slow run to jog |
| Intermediates | 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, | 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. |

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| | and 2 minutes at threshold pace to finish. Approx. 10 minutes cool down and stretches please | |
| Advance | Warm up 2 miles. 6 x 1k @ 5k pace with 2 mins slow jog recovery. 2 x 200m @ hard with 45 seconds rest . Cool down. | |

Week Commencing 14th September

| Group | Session 1 | Session 2 |
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| Development | 10 min warm up then 4 miles Tempo run at 10km pace - maintain constant pace for the whole distance. | Warm up and drills. Hill Session. Short medium and long efforts as follows: 4 x 20 secs hard up the hill with jog back recovery; 3 x 40 secs hard with jog back recovery; 2 x 1 min hard and jog back recovery; 2 min rest between each set; Warm down and recovery. Static Stretching. This session may be part of the Sunday coached sessions. |
| Improvers | 10 min warm up and dynamic stretching. 2 sets of 15 min tempo running at 10km race pace with a 5 min slow jog recovery between each set. Warm down and stretch. | Warm up and drills. Hill Session. Short medium and long efforts as follows: 4 x 20 secs hard up the hill with jog back recovery; 3 x 40 secs hard with jog back recovery; 2 x 1 min hard and jog back recovery; 2 min rest between each set; Warm down and recovery. Static Stretching. This session will be the Sunday session led by Dave |
| Progression | Speed work – Warm up 10 mins . Timed efforts – 1min on 1min off x 3 2mins on 1min off x 3 3mins on 1min off x 3 4mins on 1 min off x 2 5mins on 1 min off x 1 10mins to cool down – include some strides and heel flicks | 10min warm up, 2 miles at ½ marathon pace (apx 17-19mins) Recover – 2 mins 2 miles at 10k pace (apx 16-18mins) 10 mins cooling down/slow run to jog |
| Intermediates | Pace Management Session 10 minutes warm up at easy pace, then | Hill session. Continuous hills. |

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| | 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. | 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. 10 minute cool down and static stretches. |
| Advance | Warm up 2 miles , 400m, 800m, 1200m , 1600m, 1200m, 800m, 400m . Efforts @ half mile pace to 5k pace and then faster again . Recovery for 400m and 800m is 1min , take 2 mins for the longer efforts. Cool down. | |

Week commencing 21st September

| Group | Session 1 | Session 2 |
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| Development | 10 min warm up then 5 miles to include 10 x 1 min very fast with 1 min recovery, broken down into 2 sets of 5 efforts with 3 min steady recovery running between each set of 5. Warm down | This session will be the nominated Sunday session (if it goes ahead) as follows: 10 min warm up then 4 x 5 mins efforts at 5km pace with 3 min jog recovery. |
| Improvers | 10 min warm up then 5 miles to include 10 x 1 min very fast with 1 min recovery, broken down into 2 sets of 5 efforts with 3 min steady recovery running between each set of 5. Warm down | This session will be the nominated Sunday session led by Cindy, as follows: 10 min warm up then 5 x 5 mins efforts at 5km pace with 3 min jog recovery |
| Progression | 10 mins warming up Short speedwork sets – 10 x 30 seconds building pace all the way through then reducing pace for 30 15 mins effort running at 5km pace 5 x 10 seconds speed bursts (10 on 10 off) Cool down 10mins | 10 mins warm up 30-40mins tempo running (if you can buddy up with someone in your running bubble and do this together) 10mins cooling down |

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| Intermediates | <p>Speed Session. (Any terrain.) Warm up approx. 10 minutes. Then 1-minute tempo (7 to 7 ½ /10) 1 min recovery + 2-minute tempo, 1-minute recovery, then 3-minute tempo, and 1 minute recovery. Repeat x 5 sets.</p> <p>Then 10-minute cool down, and static stretches please.</p> | <p>Hill session. Continuous hills (for 30 minutes)</p> <p>10-minute warm up, then using a suitable hill, Starting at a gentle pace, (4 out of 10) run the length of the hill, or for 2 minutes, recover down, repeat but increase effort (5 out of 10), recover down, and repeat, with effort increasing to 6/10, recover down and repeat, with effort increasing to 7/10. Repeat in reverse order, (starting at 7/10 effort level.) 10-minute cool down and static stretches.</p> |
| Advance | <p>Fartlek 5 -3 - 1</p> <p>Warm up 2 miles with strides . (2 sets) 5 mins. @ H.M.pace with 2 and half mins jog recovery , 3 mins @ 10k pace with 1 and half mins. jog recovery , 1 min @ faster than 5k pace with 2 mins jog recovery , 3 x 30 sec. @ 400m pace with 1 min rest . 5 mins jog between sets. Cool down.</p> | |

Week Commencing 28th September

| Group | Session 1 | Session 2 |
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| Development | <p>5 miles broken down as follows: 10 min easy warm up. then Pyramid 1-2-3-4-4-3-2-1 with 90 secs jog recovery between each effort and 2 mins recovery between the 4 min efforts. Efforts to be done at better than 10km pace, after each effort recover sloooowly.</p> | <p>This will be the Sunday session if it is decided to continue. 15 mins warm up and drills. Try to mix drills and run during this period. Session is 25 mins Fartlek with mixed efforts from 30 secs to 4 mins and short recovery. Run the efforts at 5km pace, short recovery at 1/2 marathon pace.</p> |
| Improvers | <p>10 min warm up then 4 miles Tempo run at 10km pace - maintain constant pace for the whole distance</p> | <p>Ka;e will lead this Sunday session. 15 mins warm up and drills. Try to mix drills and run during this period. Session is 25 mins Fartlek with mixed efforts from 30 secs to 4 mins and short recovery. Run the efforts at 5km pace, short recovery at 1/2 marathon pace.</p> |

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| <h2>Progression</h2> | <p>10mins warm up – working on a route of around 8km time trial yourself on the first 3km, recover for 1km, time trial yourself again for the next 2km, recover for 1 km, finish at the same time trial pace for the final 1km cool down as you wish</p> | <p>Warm up 10mins</p> <p>Drills for 5 mins include high knees, heel flicks, short and long strides – work on your technical ability rather than aiming to lots of them.</p> <p>Rewarm for running – 5 mins – gradual pace building Steady run of 30mins – put in 10 lots of pick ups just for 30 sec – 1min</p> <p>Cool down 10mins</p> <p>Spend some extra time stretching</p> |
| <h2>Intermediates</h2> | <p>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.</p> | <p>Strength Session. (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.</p> |
| <h2>Advance</h2> | <p>Warm up 2 miles with strides . 10 x 200m @ 5k with 200m jog recovery , jog easy for 5 - 10 min to a hill , 10 x 200m hills @ hard , jog easy back down recovery . Cool down</p> | |