

TRAINING 2020

Week Commencing 5th October – 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 all who are able to lead the available sessions.

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

Group	SESSION 1	SESSION 2
Development	10 min warm up and dynamic stretching. 4-5 miles fartlek. Mixed time efforts from 30 secs to 3 mins. Make sure you recover between efforts but also vary your recovery. Remember your warm down and stretching.	Warm up and dynamic stretching then 5 miles, starting easy and building up to a steady sustained pace by the end of mile 2. Last mile as warm down the stretching.
Improvers	10 min warm up Fartlek approx 5 miles with variable pace. Try and include short, fast efforts of around 90 secs, and longer steady paced runs of up to 4 mins with jog recovery between each effort. Remember the warm down and static stretching on completion.	15 min warm up to include dynamic exercises. Session is 5 x 1km efforts with 2 min jog recovery. Efforts to be run at your best 10km pace and recovery means exactly that! Slow jog or walk. Your effort should go into your hard running, not your recovery. 10 min warm down jog and static stretches at the end.
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	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

	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	complete, 10 minutes at a recovery pace and stretches please.
Advance	Warm up 2 miles. 4 x 1 mile @ 5k pace with 2 mins. rest between . Winter time trial loop. Cool down . Stretches.	Midweek sessions are 5 miles @ tempo . After about 2 miles warm up .

Week Commencing 12th October

Group	Session 1	Session 2
Development	10 min warm up then Pyramid session: 2-4-6 min with 90 sec recovery between efforts, then 3 mins jog recovery then 6-4-2 with 1 min recovery between efforts. Warm down and stretching.	10 min warm up and dynamic stretching - 5 miles at 10km pace to include 3 mins gradual injection of pace each mile. End each mile running hard. Warm down and static stretching
Improvers	5-6 miles starting slow and building up by the end of mile 2 to a steady sustained continuous pace around a reasonable 10km pace.	10-15 min warm up then Kenyan Hills - Same pace down the hill as well as up. 4 sets of 3 x 30 secs up the hill and 30 secs down the hill. 2 min recovery between each set. Remember do not blast up the hill, remember you have to come down at the same pace. focus on hill technique arm drive and leg lift. Warm down and stretching
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 15 minutes at your half marathon pace, then 5 x 90 seconds at 5k pace with a 60 second recovery between	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

	each, then 15 minutes at your 10k pace, followed by a 10 minute cool down and static stretches.	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. 12 x Hubbards Close @ 5k pace with 90 sec. recovery between. Hit 4th, 8th, 12th hard ! Cool down . Stretches.	Midweek sessions are 5 miles @ tempo . After about 2 miles warm up .

Week commencing 19th October

Group	Session 1	Session 2
Development	10-15 min warm up then Kenyan Hills - Same pace down the hill as well as up. 4 sets of 3 x 30 secs up the hill and 30 secs down the hill. 2 min recovery between each set. Remember do not blast up the hill, remember you have to come down at the same pace. focus on hill technique arm drive and leg lift. Warm down and stretching	10 min warm up then based on a route of 5 miles or so, run one mile hard and time yourself over that mile. Run one mile at an easy recovery pace then run one mile hard, trying to better your time from the first hard mile. One mile easy then a 3rd mile hard, timing that also. 10 min warm down recovery and stretching.
Improvers	Pyramid Session: 10 min warm up and dynamic exercises then efforts of 1 min, 2-3-4 with 1 min slow jog recovery between efforts and 3 min jog recovery at the top of the pyramid, then 4-3-2-1 with 1 min recovery. 10 min warm down.	10 min warm up then 4 sets of 2 min effort 1 min recovery 4 min effort 2 min recovery, 10 min warm down and stretching.
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

Intermediates	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. Then 10-minute cool down, and static stretches please.	Hill session. Continuous hills (for 30 minutes) 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.
Advance	Warm up 2 miles. 8 x Queensway (about half mile) Out and back hilly loop @ 5k pace with 90 sec. recovery between. Cool down. Stretches.	Midweek sessions are 5 miles @ tempo . After about 2 miles warm up .

Week Commencing 26th October

Group	Session 1	Session 2
Development	10 min warm up then 4 sets of 2 min effort 1 min recovery 4 min effort 2 min recovery, 10 min warm down and stretching.	15 min warm up to include dynamic exercises. Session is 5 x 800m efforts with 2 min jog recovery. Efforts to be run at your best 10km pace and recovery means exactly that! Slow jog or walk. Your effort should go into your hard running, not your recovery. 10 min warm down jog and static stretches at the end.
Improvers	10 min warm up then based on a route of 5 miles or so, run one mile hard and time yourself over that mile. Run one mile at an easy recovery pace then run one mile hard, trying to better your time from the first hard mile. One mile easy then a 3rd mile hard, timing that also. 10 min warm down recovery and stretching.	10 min warm up and dynamic Stretching. 5 miles to include 4 mins gradual injection of pace each mile. End each mile running hard. Warm down and static stretching.
Progression	10mins warm up – working on a route of around 8km time trial yourself on the first 3km, recover for 1km,	Warm up 10mins

	<p>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>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>
<p>Intermediates</p>	<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>
<p>Advance</p>	<p>Warm up 2 miles. 16 x Spar shop loop (300m) @ 5k pace with 100m jog recovery. Hit 4th, 8th, 12th, 16th hard ! Cool down. Stretches.</p>	<p>Midweek sessions are 5 miles @ tempo . After about 2 miles warm up .</p>