

# TRAINING 2020

# Week Commencing 2<sup>nd</sup> November – 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	<p><b>SUNDAY 1<sup>ST</sup> NOVEMBER Meet at Wicklewood Village Hall Car Park no later than 0955 for a 1000 departure.</b></p> <p>Off Road Hill Session - Wicklewood. 3 sets of 5 min hill efforts with 3 min jog recovery between sets. Varying distances up the hill. Focus on hill running technique and strength</p>	<p>15 mins easy warm up and dynamic exercises then 3 miles at your max 10km km pace. Try and ensure each mile is a consistent pace - 1 mile warm down and static stretches.</p>
Improvers	<p><b>Meet at Wicklewood Village Hall Car Park no later than 0955 for a 1000 departure.</b></p> <p>Off Road Hill Session - Wicklewood. 3 sets of 5 min hill efforts with 3 min jog recovery between sets. Varying distances up the hill. Focus on hill running technique and strength.</p>	<p>15mins easy warm up &amp; dynamic exercises 3 miles at max 10k pace, try to ensure each mile is consistent 1 mile warm down / stretches</p>
Progression	<p>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</p>	<p>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</p>
Intermediates	<p><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-</p>	<p><b>Strength Session. <u>Pyramid run.</u></b> Warm up at an easy pace for 10 minutes.</p>

	<p>minute efforts with a 1-minute recovery between each. 3 x 3-minute efforts with a 1-minute recovery between each. 1 x 4-minute effort.</p> <p>Then a 10-minute cool down and static stretches to finish please.</p>	<p>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. Then a 10-minute cool down and static stretches to finish please.</p>
<b>Advance</b>	Warm up 2 miles . Hilly fartlek at 3 different hills . Cool down.	Warm up 2 miles, 5 miles tempo , Cool down

## Week Commencing 9th November

Group	Session 1	Session 2
<b>Development</b>	<p>10 min warm up and dynamic exercises. 4 sets of: 2 min hard 1 min easy recovery 4 min hard, 90 secs easy recovery, 2 mins hard 2 mins jog recovery.</p> <p>or link up with Dave's session at St Leonards Close.</p>	<p>10 mins warm up and dynamic stretching. 10 mins easy paced running (Half Marathon pace) then 5 x 1 min efforts at 5km pace, 60 seconds recovery between efforts, then 15 mins at 10km pace and then 10 mins cool down and static stretching.</p>
<b>Improvers</b>	Session based at St Leonards Close – Dave H to lead	<p>10mins warm up and dynamic exercises 10mins easy pace half marathon pace, 5 x 1min efforts @ 5k pace 60sec recovery 15mins at 10km pace and 10 mins cool down plus stretches</p>
<b>Progression</b>	<p>warm up for 10mins, then Endurance time working in 3 min slots pace of around 10 mile - ½ marathon pacing</p> <p>6 x 3 mins, slowing down to 1 – 1 1/2mins very light jog between each then ending with 10mins very easy running</p>	<p>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.,</p> <p>End with 15mins cooling down</p>
<b>Intermediates</b>	<b>Strength Session.</b>	<b>Hills &amp; Technique Session: -</b>

	<p>Easy paced warm up for 10/15 minutes.</p> <p>Then, 2-minute threshold pace run (7 ½ to 8 /10)</p> <p>1 min jog recovery followed by a 3-minute threshold pace run (7 ½ to 8 /10) followed by a 1-minute recovery.</p> <p>Repeat x 5 sets in total.</p> <p>Then a 10-minute cool down, and static stretching please.</p>	<p>Easy paced warm up for approx. 10 minutes, then using a suitable hill: -</p> <p>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.</p> <p>Then a 10-minute cool down and static stretches please.</p>
<b>Advance</b>	<p>Warm up 2 miles . Police station 6 x 1k efforts @ 5k pace for 800m and then push through the last 200m . 2 mins walk back recovery between. Cool down.</p>	<p>Warm up 2 miles, 5 miles tempo , Cool down</p>

## Week commencing 16<sup>th</sup> October

Group	Session 1	Session 2
<b>Development</b>	<p>10 mins warm up then dynamic exercises. 3 sets of:</p> <p>1 mile starting steady then finishing hard, followed by 2 mins jog recovery then 4 x 30 secs hard effort with 30 secs standing recovery between efforts then 2 mins recovery. 10 mins warm down and static stretches. Cindy/Katie to lead - Dave H away</p>	<p>10 minute warm up and drills. Inverted Pyramid session</p> <p>5 min at half marathon pace with 90 secs jog</p> <p>4 mins at 10 mile pace with 90 secs jog recovery</p> <p>3 mins at 10km pace with 90 secs recovery</p> <p>2 mins at 5k pace with 90 secs recovery</p> <p>1 min at mile pace with 3 min jog recovery then repeat 4-3-2-1</p> <p>10 min warm down jog and static stretching</p>

<p><b>Improvers</b></p>	<p>10 mins warm up then dynamic exercises. 3 sets of 1 mile starting steady then finishing hard followed by 2 mins jog recovery then 4 x 30 secs hard effort with 30 secs standing recovery between efforts then 2 mins recovery. 10 mins warm down and static stretches. Cindy/Katie to lead - Dave H away</p>	<p>10 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 secs 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><b>Progression</b></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>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><b>Intermediates</b></p>	<p><b>Hill Session.</b> (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.</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>Advance</b></p>	<p>TBC</p>	<p>Warm up 2 miles, 5 miles tempo , Cool down</p>

## Week Commencing 23<sup>rd</sup> November

Group	Session 1	Session 2
Development	<p>10 min warm up and dynamic exercises. 4 sets of:            2 min hard 1 min easy recovery            4 min hard, 90 secs easy recovery,            2 mins hard            2 mins jog recovery between sets.</p> <p>Session to be led by Cindy/Katie</p>	<p>10 min warm up and dynamic exercises.            Starting easy, build up to a brisk 5km pace and maintain this for 12 mins. Take 5 mins jog recovery, then repeat 5km effort for another 12 mins.            10 min warm down recovery jog and static stretches.</p>
Improvers	<p>10 min warm up and dynamic exercises. 4 sets of:            2 min hard 1 min easy recovery            4 min hard, 90 secs easy recovery,            2 mins hard 2 mins jog recovery.</p> <p>Session to be led by Cindy/Katie</p>	<p>Warm up then 5 miles easy. Include 10 x 30 second bursts at better than 5km pace</p>
Progression	<p>10mins warm up easy pace.            4min 10k pace efforts x 6, recover for 1-2min in between each            Cool down apx 5- 10mins</p>	<p>1 mile warm up, tempo run for 4 miles, 1 mile cool down</p>
Intermediates	<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>Pace &amp; Strength</b>            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) &amp; repeat. Then 10-minute cool down and static stretches.</p>
Advance	TBC	Warm up 2 miles, 5 miles tempo , Cool down

## Week Commencing 30<sup>th</sup> November

Group	Session 1	Session 2
Development	10 mins warm up and dynamic exercises. 5 miles Fartlek with mixed distances/times at speed followed by recovery runs. Pace for efforts to vary between 10k and 1 mile pace at discretion of group leader. Cindy/Katie to lead.	Warm up then 4-5 miles easy. Include 10 x 30 second bursts at 5km pace. 10 min warm down and static stretching.
Improvers	10 mins warm up and dynamic exercises. 5 miles Fartlek with mixed distances/times at speed followed by recovery runs. Pace for efforts to vary between 10k and 1 mile pace at discretion of lead coach. Cindy/Katie to lead.	10 min warm up and dynamic exercises. Starting easy, build up to a brisk 5km pace and maintain this for 15 mins. Take 5 mins jog recovery, then repeat 5km effort for another 15 mins. 10 min warm down recovery jog and static stretches.
Progression	10mins warm up easy pace. 4min 10k pace efforts x 6, recover for 1-2min in between each Cool down apx 5- 10mins	1 mile warm up, tempo run for 4 miles, 1 mile cool down
Intermediates	<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.	<b>Pace &amp; Strength</b> 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.
Advance	Warm up 2 miles. Hills at Ayton Road . 4 sets of Lamp post efforts uphill ( Hard/ Easy) 1min. recovery and regroup. Downhill efforts hard . 1 min. recovery and regroup. Cool down.	Warm up 2 miles, 5 miles tempo , Cool down

