



TRAINING PROGRAMME (August 2015)

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| 2 Aug | Sun | Long Run / recovery | Upto 90mins off road run (<u>slower</u> recovery pace) | keep pace slower allowing for transition between harder workloads |
| 4 Aug | Tues | Lactate-threshold workout LT interval | 60 mins: to include 'Eight till late Session' 10mins easy warm up run plus 4 * 8min 10mile efforts [2min rest] @ <u>10mile pace</u> 10mins easy warm down | Focus on performing these efforts at the correct 10mile at good even tempo efforts. |
| 6 Aug | Thurs | VO ₂ Max | 2x1km/2x600m/2x1km at 5km pace (120-180 sec recovery) or 6x600m <i>Focus on performing these faster efforts at the required pace</i> | Royston Heath -6.45 ~ (Rugby Pitch) Driving Range Check pace charts for the required pace |
| 9 Aug | Sun | Long Run / LT Tempo effort | Easy 5min w/u plus upto 60mins off road run over <u>flat</u> terrain plus 5min cool down @13.1 pace | Discipline the pace at target $\frac{1}{2}$ Mar pace |
| 11 Aug | Tues | 2 nd Long Run / recovery | <i>Easier Run:</i> upto 60min <u>hilly</u> circuits of Heath <i>First stage to strengthening leg muscles towards xc season</i> | Keep pace easier and even throughout as continuous hills will take their toll |
| 13 Aug | Thurs | Time Trial / Basic Speed | Warm up plus 3km time trial at Heath - 5-10 min <u>slow</u> jog/rest recovery plus 6-10 * 250m-300m (60-90 sec rest recovery) hard efforts at 1mile race pace on top Hockey pitch followed by warm down / stretch and <u>slow</u> jog recovery to finish | Royston Heath -6.45 ~Basic speed on Hockey Pitch (adjacent to tennis court) |
| 16 Aug | Sun | Long Run / recovery | Upto 90mins off road run (<u>steady</u> recovery pace) | keep pace slower allowing for transition between harder workloads |
| 18 Aug | Tues | LT Tempo run/Long Hills | 10min w/u plus 2x long hills Therfield Hill-Black Barn (Slow jog recovery) plus 10min easy w/d | **focus on progressive pace throughout total interval. |
| 20 Aug | Thurs | VO ₂ Max (short Hills) | HILL session : 9-12 short/medium/long hills 2-3 sets of (3:2:1 Hill) or (3:3:2:2:1:1 Hill) jog recovery + a few accelerating strides t/f | Royston Heath -6.45 |
| 23 Aug | Sun | Long Run / recovery | 60mins off road progressive run | |
| 25 Aug | Tues | Lactate-threshold workout LT interval | 60 mins:- Ladder Session 10mins easy warm up run plus out & back of following intervals 6:6min (rest 90sec) /4:4min (rest 60sec) / 2*3:3min (rest 45sec) / 3*90:90sec (rest 30sec) <u>@10mile pace</u> | Focus on performing these efforts at the correct 10mile at good even tempo efforts. |
| 27 Aug | Thurs | VO ₂ Max + Basic Speed | Helegrud session: 4 x 4mins (1k race pace) with 3 mins jog recovery plus 5 * 200m accelerating strides | Royston Heath -6.45 ~circuit near tennis courts |
| 30 Aug | Sun | Long Run / recovery | Upto 90mins off road run (<u>steady</u> recovery pace) | keep pace slower allowing for transition between harder workloads |

Supplement these sessions with steady/easy 35-45 min recovery runs, cross or circuit training

Leg Speed: incorporate a weekly/fortnightly session of fast strides, i.e. 10*100m, 7*150m or 5*200m

High tempo time trials **10-25min** runs should be built into at least a monthly programme

RUNNING ON HOLIDAY - 10 TIPS FOR STICKING TO YOUR SCHEDULE

If you're heading off on holiday it could be a great opportunity to run somewhere new. Here are some tips for running through your holiday and keeping your fitness levels high...

SET A GOAL – AND THEN REDUCE IT

You're on holiday, so why not scale it back a bit? Take your normal running schedule and reduce it a bit with either shorter runs or by having more rest days.

COMBINE IT WITH SIGHTSEEING

If you're in a new place, running can be a great way to see the sights. Use online mapping tools to check out what's nearby and see the sights on foot. Make sure you take your phone with you – you can take a few photos to share with your friends and track your run using the

TRY DIFFERENT TYPES OF RUNNING

If you're in a mountainous country, you can pull on some trail running shoes and go off-road. Beaches and dunes are great too and provide an opportunity to mix up your training and strengthen different muscles.

RUN IN THE MORNING

In hot countries, the morning is the coolest time of the day. You can run more comfortably and it's safer too. You can get out before the day really begins and be back in time for breakfast – why not reward yourself with a few of the local delicacies?

BRING GEAR THAT MATCHES THE CLIMATE

Check out the weather forecast for where you're going and make sure to pack the right gear in your luggage.

KEEP LOGGING YOUR TIMES

A good way to keep to you schedule is by continuing to log your times. It gives you consistency while you're away from home and lets you know how you're performing.

HEAD TO THE NEAREST WATER

If you're near the sea or have a hotel pool, plan your run to finish with a refreshing dip in the water.

PLAN WHEN YOU EAT AND DRINK

If you're going to run in the morning, try not to eat too late the night before. Holidays can mean drinking more – but again, your performance will improve if you don't have nights out before running in the morning.

GO RUNNING ON TREADMILLS

If you're heading to a warmer destination, going indoors can be the solution. A lot of hotels have gyms,