TRAINING PROGRAMME (July 2015)

2 July	**Thurs**	**RACE**	****2015 MWL Road Race Div1 – Race4****	***Trent Park*** *Good luck to ALL ☺*
5 July	Sun	Long Run / recovery	Upto 75mins off road run (steady recovery pace)	*keep pace slower allowing for transition between harder workloads*
7 July	Tues	Fartlek	Mona short Fartlek session: 1mile warm up plus 2x90sec,3x60sec,4x30gsec,4x15sec [recovery phase equal to efforts] 1mile w/d performed as 90sec/90s/90sec/90s/60sec/60s/60sec/60s/60sec/60s/30sec/ 30s/30sec/30s/15sec/15s/15sec/15s/15sec/15s	**Note**: 'x'sec performed as hard run efforts and 'y's as slower recovery phase (aim at plus km slower) **Note:** efforts @5km pace
9 July	Thurs	VO_2 Max	Speedwork: 3x900m, 3x600m, 3x300m [5400m/3min/2min/1min jog recovery] **@3km** pace performed as 900/900/900/600/600/600/300/300/300	***At Greenway Sch – 6.45*** ***perform these faster efforts at 3km pace***
12 July	Sun	Long Run / recovery	Upto 75mins off road run (steady recovery pace)	*keep pace slower allowing for transition between harder workloads*
14 July	Tues	REST/ Easier Run	Rest or very easier 20-40 mins run plus a few controlled accelerating strides (5x200m)	*Ensure to get a good night's sleep Zzzzzzzzz*
16 July	**Thurs**	**RACE**	****2015 MWL Road Race Mob Match – Race5****	***Welwyn Garden City*** *Good luck to ALL ☺*
19 July	Sun	Long Run / recovery	Upto 90mins off road run (steady recovery pace)	*keep pace slower allowing for transition between harder workloads*
21 July	Tues	LT Tempo run/Time trial	10min w/u plus Fast 12min (5km goal pace) 6min easier running plus fast 6min (3km goal pace) plus 10min easy w/d	***focus on identifying the correct racing pace .*
23 July	Thurs	VO_2 Max	Speedwork: 5x45sec,5x90sec,5x45sec [60sec jog recovery] performed at 5km race pace	***At Greenway Sch – 6.45*** ***perform these faster efforts at 5km pace***
26 July	Sun	Long Run / recovery	60mins off road progressive run	
28 July	Tues	REST/ Easier Run	Rest or very easier 20-40 mins run plus a few controlled relaxed strides (6x150m)	*Ensure to get a good night's sleep Zzzzzzzzz*
30 July	Thurs	RACE	Stevenage 3km Relays incorp. Herts Senior & Vets Relay Championships	***Fairlands Valley Park, Stevenage*** *Good luck to ALL ☺*

Main focus throughout this 'Racing' phase is to maintain fitness and keep fresh for the races.

*******THINK RACE STRATEGY!!! *******

TIP : The key to maintaining performance in hot conditions is sufficiently replacing the fluids and electrolytes you lose while you're running. Although there are recommended guidelines for consumer liquids during a run or race—roughly 4-6 oz. of carbohydrate/electrolyte beverage every 20 minutes or so—the amount of fluid needed varies greatly among runners

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 thru to 4x300m

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

10 Steps for Making Hot Weather Tolerable

Once you understand why summer running feels harder, you can try to overcome it.

Welcome to summer! Understanding how your body cools itself may help you figure out how best to run in hot weather.

When you run, you get warm because your exercising muscles increase body temperature. When body temperature rises, a greater percentage of blood flow is directed to your skin surface in order to carry away this internal heat, and you break a sweat. However, it is not sweating that cools you, but rather the evaporation of the sweat from your skin. As sweat evaporates, we are cooled.

Along with higher temperatures, summer weather usually means high humidity. Heat and humidity are a double-whammy. The higher the humidity, the more saturated the air is with water, and the harder it is for you to cool off because sweat simply cannot evaporate due to the already saturated air.

Since sweat is composed of plasma from your blood, sweating can decrease blood volume. This is why adequate hydration becomes extremely important in hot weather. You are also losing electrolytes in your sweat, so consuming a sports drink or taking an electrolyte supplement can be vital.

As blood flow is redirected to the skin's surface, it means less blood is available to your working muscles. With less blood available, the heart is forced to work harder to sustain hard running, and the result is a higher heart rate. Simply put, warm, humid weather means your usual run pace has just become much harder.

This also means you will go through carbohydrate stores faster than usual and you are more likely to accumulate a higher level of blood lactate, too.

Here are some tips to help you get through the coming months:

1. Run at the coolest time of day, which is usually just before sunrise.
2. Avoid running during the middle of the day, usually the hottest time.
3. Plan shady routes and/or routes with water fountains.
4. Wear loose fitting, light-colored, tech clothing that wicks away sweat and dries quickly.
5. Consume adequate amounts of water and sports drink.
6. Avoid getting sunburned because injured skin loses its' ability to sweat, making cooling less efficient.
7. Examine any medications you may be taking because some can increase your sensitivity to heat.
8. Slow your run pace down to adjust for heat and humidity.
9. Run by feel or Perceived Exertion level rather than pace. If a run feels hard, it is hard regardless of actual pace.
10. It's fine to use the treadmill for some runs when the weather is really bad. Running two or three times a week outdoors is enough to keep you heat acclimated.