



TRAINING PROGRAMME (November 2015)

1 Nov	Sun	Long Run / recovery	Upto 90mins off road run (<u>steady</u> recovery pace)	<i>keep pace slower allowing for transition between harder workloads</i>
3 Nov	Tues	LT intervals	60mins to include SCARY 4-6x6min Tempo efforts with 1min jog in between efforts. <i>** N>B 15-25secs faster than Mar Pace = LT tempo pace</i>	<i>Discipline the pace at <u>target</u> $\frac{1}{2}$ Mar pace</i>
5 Nov	Thurs	VO ₂ Max	Short 'firework' Hills - short tempo run (3km max.) plus 8-16 * shorter hills; run hard on hills with easy jog recoveries (<i>focus efforts as sets of 4</i>)	<i>At King James Way - 6.45</i>
8 Nov	Sun	Long Run / recovery	Upto 90mins off road run (<u>steady</u> recovery pace)	<i>keep pace slower allowing for transition between harder workloads</i>
10 Nov	Tues	Tempo / Time Trial	Royston Runners Birthday 'CAKE' 10k Run :- 5/10mins warm up jog <i>Garden Hospice & Richard Cox Hse</i>	<i>Royston Heath Club</i>
12 Nov	Thurs	VO ₂ Max	2-3 sets x 5 x 400m @ 3k-5k race pace) with 60s, 45s, 30s, 15s, recovery and 90s between sets	<i>At King James Way - 6.45</i>
15 Nov	Sun	Long Run	60-70mins HARDish run	<i>To be run at a good tempo</i>
17 Nov	Tues	Long Run	60-70 mins: Steady paced group <u>recovery</u> Run to include a small number of gentle faster strides.	<i>Ensure these runs at set as a recovery between harder weeks</i>
19 Nov	Thurs	VO ₂ Max	5-6 * 600m parluf relay at a relaxed pace	<i>At King James Way - 6.45</i>
22 Nov	Sun	RACE	*** Sunday Lge X-Country - (Race 2) ***	Trent Park
24 Nov	Tues	Long Run	60-70 mins: Steady paced <u>group recovery</u> Run to include a small number of gentle faster strides.	<i>Ensure these runs at set as a recovery between harder weeks</i>
26 Nov	Thurs	VO ₂ Max	Long Hills - 2+ /3 rolling sets; run hard on hills with easy jog recoveries	<i>At King James Way - 6.45</i>
29 Nov	Sun	Long Run / recovery	Upto 90mins off road run (<u>steady</u> recovery pace)	<i>keep pace slower allowing for transition between harder workloads</i>

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

What to do on a Saturday?? Why not try a parkrun or a weekly/fortnightly of the following:-

Leg Speed: incorporate a XC session of fast strides, i.e. 10x100m, 7x150m, 5x200m, 4x300m on & off hills

High tempo Cross Country time trials 10-25min runs should be sensibly built into at least a monthly programme (race fitness tests). Balance the inclusion of **ALL** these above sessions within the priorities of the monthly schedule and into your personal programme that suits yourself, consider your own level of fitness, experience and weekly time commitments in planning these sessions but if sensibly placed across the month **YOU** will reap the rewards!!

***** Continue Focus on improving strength and flexibility throughout the coming months*****

Forthcoming Sunday League Cross Country races:-

NOVEMBER 22

TRENT PARK

DECEMBER 6

STEVENAGE

JANUARY 17

WATFORD

FEBRUARY 14

ROYSTON

Food for thought.....Training - Interval Training for 10kms or Cross Country

There have been a few attempts to judge the value of various 10k training programmes. The most notable effort was carried out by a pretty fair runner - Peter Snell (gold medallist at the 1960 Olympic Games and double-gold medallist at the 1964 Olympics) - and his colleagues at the University of Texas Southwestern Human Performance Center in the 1980s. They worked with 10 runners over a 16-week period. For the first six weeks of the study, the runners, who were pretty well trained to begin with, logged about 50 miles of steady running per week. During the final 10 weeks of the investigation, the runners, whose average 10k times ranged from about 34 to 42 minutes, were divided into two groups.

Members of one group carried out two 'tempo' workouts per week, which involved running for 29 continuous minutes at roughly lactate-threshold pace (the velocity above which blood lactate levels begin to skyrocket). For most runners, this pace is about 12 to 15 seconds per mile slower than 10k race pace.

Members of the other group avoided lactate-threshold training and instead completed two interval workouts per week. These workouts consisted of either 200- or 400-metre intervals, which were conducted at about 10k to 5k race pace or faster. About three total miles of interval running (24 200s or 12 400s) were covered per workout.

Aside from this difference (intervals vs. tempo runs), the training schedules of the two groups were identical and consisted of medium to long, moderately paced runs. At the end of the study, the runners were tested during 800-metre and 10k competitions. It doesn't take a rocket scientist to reckon who fared better in the 800: interval-trained runners improved their 800-metre times by an average of 11.2 seconds, while threshold-trained athletes inched upward by just 6.6 seconds. The interval trainees had trained at faster paces than the threshold individuals. The interval runners' training paces had been much closer to 800-metre speed. After several weeks of training, the interval trainees were simply faster than the threshold people and therefore could sustain higher velocities during an 800-metre effort.

What about the 10K? Since the threshold run is considered a hallmark of 10k training, didn't the threshold-trained runners do better than the interval people during the 10k competitions? Well, no. The thresholders boosted their 10k clockings by 1.1 minute, but interval runners improved their times by a full 2.1 minutes! Why was interval training superior? Well, setting a new PB in the 10K is in one sense not that much different from reaching a new record in the 800: to do either, you have to be able to run more quickly. The interval trainees trained faster than the threshold people and thereby developed better economy, coordination, and comfort while running fast. All of that translated into higher-speed 10k running. In addition, remember that the interval trainers' intervals were 'cooked' at 10k speed, 5k speed, and faster, while the threshold runs were slower than 10k speed. Since they actually ran at 10k speed and faster during training, the interval-runners' training was more specific to the demands of 10k racing - and also specific to the demands of faster-than-usual 10k efforts.

The interval trainers' use of 5k and faster speeds also made their usual 10k paces feel relatively easy. In contrast, threshold running at less than 10k velocity offered little practice at real race-pace running. During competitive situations, it's always more difficult to move up to a faster-than-usual pace than it is to back down to a speed which is slower than the one used often during training.

When Yobes Ondieki was training to set a world 10k record, he set up his interval workouts so that each interval was run at slightly faster than world-record pace. He would cover a full 10k during an interval workout, with short recoveries. The idea was to mimic the overall effort required for a world-record performance, while at the same time making record-shattering pace feel more comfortable, since it would actually be a bit slower than interval-training pace. It worked. 'My world-record race actually felt easier than my tough interval workouts,' reported Ondieki. The lesson is that a way to get comfortable running at your goal race speed is to practice running faster than your goal speed during training.

Below, are listed some key workouts which will get you started toward a 10k PB. All of the training sessions emphasise intensity. Remember to limit each workout's quantity of fast running to no more than 10 per cent of your weekly mileage. Use your favourite sessions from the ones listed below twice a week for a minimum of six weeks, recover properly between workouts, and you will start running your 10ks faster.

Workout No. 1	A 5k race at your goal 10k pace. Benefit: Raises VO2max and economy, gives you confidence that you can set a new PB.
Workout No. 2	Warm up by jogging easily for 10 minutes, and then run 1200-metre intervals at your current 5k race pace. Jog easily during recovery periods, and let each recovery last about a minute less than the amount of time required to complete the 1200m. As with all interval sessions, don't let the total work-interval distance add up to more than 10 per cent of your weekly mileage (Example: You run 30 miles per week. Since $10\% \times 30 = 3$ miles, or 4800 metres, you can ramble through four 1200-metre intervals per workout). Benefit: Heightens VO2max, makes 10k pace feel easier
Workout No. 3	Work out a 10k route. Warm up by jogging for 10 minutes, and then sizzle through the full 10k route, alternating 2- to 3-minute bursts at what feels like goal 10k pace with 60- to 90-second jog-recoveries. Benefit: Teaches you that you can handle a 10K at high intensity and that you can run well even when you start to become fatigued.
Workout No. 4	Warm up with 10 minutes of easy running, and then cruise through one mile on the track at a tempo about 10 seconds (per mile) slower than your current best 10k race speed. Jog for just two minutes, and then scamper through a second mile at 10K pace. Jog easily for two more minutes, and then blast through a final mile about 10 seconds faster than 10K pace. Warm down with a one-mile jog, and it's over! Benefit: Gives your 'lactate threshold' a shot in the arm, which will make 10k race pace feel much more comfortable.
Workout No. 5	Jog easily for 15 minutes, and then run 800 metres at your current 10k race pace. Jog lightly for two minutes, and then scurry through 400 metres at 5k race speed. Amble easily for 60 seconds, and then dash

	through 200 metres at current one-mile race tempo. Rest for 30 seconds, and then launch yourself into 1000 metres at 10k pace. Jog easily for four minutes, and then repeat this 800-400-200-1000 pattern. A 30-mile per week runner can complete two of these combos per workout; at 45 weekly miles, three 800-400-200-1000 combinations are possible. Benefit: Improves legspeed and fitness, enables you to run at 10k speed while tired, makes 10Ks feel easier.
Workout No. 6	Warm up, and then run 10-minute intervals at your current 10k pace, recovering for five minutes between intervals. Benefit: Raises lactate threshold and makes current 10k pace feel easier, enabling you to step up to higher speeds in the race.
Workout No. 7	Warm up, and then run 800-metre intervals at current 5k race pace, with recoveries lasting no longer than each work interval. Benefit: Lifts VO2max, makes 10k velocity feel more comfortable.
Workout No. 8	Warm up, and then run 400s at a pace about four seconds per 400 faster than current 5k speed. Recover until you feel comfortable enough to do another 400 with good form. Benefit: Improves basic legspeed.

Circuit Training

When: Monday evenings at 6.15pm - 7.15pm

Where: Meridian School, Garden Walk **How much?** £3

Our circuit sessions are at the bargain price of £3 per person/session. All fees go towards solely covering the cost of the hire of Hall / Gym.

All are welcome, members, non members, friends and family!!!

Circuit training is an efficient and challenging form of conditioning. It works well for developing strength, endurance (both aerobic and anaerobic), flexibility and coordination.

It's one of the best types of training for improving strength endurance be it for any running related sport such as x-country, road running, speed sessions or a classic endurance event like the marathon or triathlon.

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For those interested I will be running a Bleep Test at 5.50pm each week prior to the circuits

