



TRAINING PROGRAMME (October 2015)

1 Oct	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	At King James Way - 6.45
4 Oct	Sun	Race / Long Run	Standalone 10km (incl. Herts Snr Champs) or Upto 90mins <u>hilly</u> off road run (<u>steady</u> pace)	keep pace slower allowing for transition between harder workloads
6 Oct	Tues	2 nd LR / LT intervals	60mins to include 4min/8min/12min/8min/4min Tempo efforts with 2min jog in between efforts OR if raced Sun easier 45-60min recovery run. ** N>B 15-25secs faster than Mar Pace = LT tempo pace	Discipline the pace at <u>target</u> $\frac{1}{2}$ Mar pace
8 Oct	Thurs	VO ₂ Max	Alternate 1200m/600m * 3 sets at 5km-10km pace (120-180 sec jog recovery) or 600/1200/600 * 2 sets (total 4800m) or 600/1200/600/1200/600 (total 4200m) Focus on performing these faster efforts at the required pace	King James Car Park -6.45 Focus on performing these faster efforts at 5km-3km pace
11 Oct	Sun	CLUB Race	*** Long Short Relay ***	Royston
13 Oct	Tues	LT Tempo run	45mins to incl. easier longer grp w/u of 15mins plus 1x progressive 20min plus 10min easy w/d	**focus on progressive pace throughout pacier interval.
15 Oct	Thurs	VO ₂ Max	4-6 * 600m parlufl relay at a relaxed pace	At King James Way - 6.45
18 Oct	Sun	RACE	*** Sunday Lge X-Country - (Race 1) ***	Cheshunt
20 Oct	Tues	Long Run	60-70 mins: Steady paced group <u>recovery</u> Run to include a small number of gentle faster strides.	Ensure these runs at set as a recovery between harder weeks
22 Oct	Thurs	VO ₂ Max	4-5*1200m** at 10km race pace progressing to quicker 5km pace on latter reps (120-180 sec recovery) ~ focus on negative splits. Focus on performing these faster efforts at the required pace	King James Car Park -6.45 progressively faster from 10km-5km pace
25 Oct	Sun	Long Run / recovery	Upto 90mins off road run (<u>steady</u> recovery pace)	keep pace slower allowing for transition between harder workloads
27 Oct	Tues	2 nd LR / LT intervals	Mixed LT tempo efforts 60mins to incl:- 3/6/9/9/6/3 min <u>controlled</u> Tempo efforts [60sec between efforts] ** N>B 15-25secs faster than Mar Pace = LT tempo pace	Discipline the pace at <u>target</u> $\frac{1}{2}$ Mar pace
29 Oct	Thurs	VO ₂ Max	Long Hills - 2/3 rolling sets; run hard on hills with easy jog recoveries	At King James Way - 6.45

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

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

High tempo XC/Road time trials 10-25min runs should be built into at least a monthly programme (race fitness tests). Balance the inclusion of **ALL** these above sessions 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*****



OCTOBER 18
NOVEMBER 22
DECEMBER 6
JANUARY 17
FEBRUARY 14

CHESHUNT
TRENT PARK
STEVENAGE
WATFORD
ROYSTON

From October through to February, the club's main focus shifts from the Midweek League Competition (MWL) to Cross Country (XC). We participate in the Sunday Cross Country League and also support additional races e.g. County Championship and Veteran races.

There is only one mandatory pre-requisite in participating in any cross country race - You must wear your club vest.

Previous experience of Cross Country?

Many of our members probably have not run cross country since school. For some, not a happy memory. Other members may view Cross Country as exclusive to the 'elite' and fear their ability would hinder or embarrass themselves. Instantly, future participation is labeled with resistance and negativity.

Fear not, today, the **Sunday Cross Country League is a friendly supportive environment**, catering for all abilities from the 'elite' to those just wishing to complete the course, with age groups ranging from senior men and women right through to Men's Vet70 and Women's Vet65. Points are awarded at every fixture on a team basis, and individually per age group. Over the course of the league it is possible for a beginner or an intermediate runner who commits to running 4 or more league races to beat a quicker or more experienced runner of the same age group who runs less than 4 races.

Everyone, regardless of age or ability, can participate, have the optimistic potential to progress, achieve personal goals and more importantly enjoy themselves with in a friendly club environment. As a club we actively encourage our members to take part in these races, nobody should feel they are not good enough to represent our club.

Every race you run, you accumulate points not just for the individual age group competition, but more importantly, regardless of your capability, your effort and commitment are exclusively and unselfishly contributing to a team objective. Back yourself, believe in your ability and support your team mates at the start, during and at the race finish.

What are the benefits of Cross Country?

All races are held off road, so there is absolutely no danger or interruption from traffic intervention.

The major physical benefits of cross country races or even just running off road are associated with power, core strength and stamina. There is a symbiotic relationship between all 3.

By running over softer surfaces, or through long grass makes you work harder than running on pavements or asphalt as you have to lift your ankle higher or power through

the running surface. The increase in effort not only burns more calories but requires more muscular effort. An indicator of a tired runner or a runner with inefficient muscle development is the dragging or grazing of feet across the running surface, which unless rectified, the runner will potentially trip up resulting in potential injury. The development of these muscles will produce power and alleviate potential incidents caused by poor muscular development.

As more effort is required over the uneven undulating terrain in contrast to road running, your stamina will improve.

As cross country is conducted over rough or uneven surfaces, you are forced to keep your balance which means engaging your core muscles. The development of core strength through cross country or other exercises will help to keep your body upright and strong, preventing sagging, making your running more efficient.

A further benefit of cross country is that you are running over softer surfaces and not pounding the pavements. Yes, there is a school of thought that says there is a greater risk of twisting an ankle off road, but the threat is no worse than tripping off a pavement kerb or in a pothole. Uneven terrain does help develop foot and ankle strength. If you do not warm up and condition your body properly before a race, the threat of potential injury is just the same regardless whether it's on road or cross country.

Improvements in power, strength and stamina through continuous participation in the Sunday Cross Country League will reap rewards when you return to road running in the Spring. Many are fearful of the timing of the Cross Country season within a typical spring marathon training programme and dismiss cross country in preference to focussing on distance based training. **Cross country can successfully be included in a marathon training programme, reaping the rewards of cross country running whilst fitting in distance runs between the races.** An example of an individual who married up cross country races within their marathon training programme and went on to run a sub 3:30 marathon. Not bad, eh!

What is the Sunday Cross Country League?

Presently, Royston Runners participate in the Sunday Cross Country League. Currently over 15 clubs compete in the league including other local Hertfordshire clubs such as Fairlands Valley Spartans, St Albans Striders and Welwyn Garden City Runners whom many of which we compete against in the MWL, as well as clubs from North London including London Heathside and Edmonton.

Where and what time do the Sunday Cross Country League races take place?

Currently all Sunday Cross Country League races take place locally on a Sunday at 10.30am, once a month, from October to February.

Typically the season has started at Cheshunt, a beginner friendly course with the remaining 4 races being located at any of the following locations: Trent Park (Not the same course as the MWL race), Cassiobury Park (Watford), Digswell/Tewin (Welwyn Garden City), Chicksands and Royston, probably by far the hardest and hilliest course in the league, but a great sense of achievement.

Surfaces can vary between parkland, bridle, grass and shingle paths, farmlands, woodland and fields, all varying in gradient, but definitely no road running.

Weather conditions before a race can radically alter the surface. Periods of rain can turn dry parkland, muddy and soft or prologued periods of frosty icy weather can make previously muddy soft conditions, hard and fast surfaces.

Each venue's terrain is different:

Cheshunt: Parkland with long up and down hill grassy drags and bridal paths.

Trent Park: Mixture of grassy parkland, woodland with a mixture of slopes.

Stevenage: Flat parkland with long up through wooded section on paths.

Cassiobury Park (Watford): Majority through woodland slopes, but starting and finishing in parkland.

Royston: Toughest with steep hills (never muddy), and what goes up must come down!

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

