



## TRAINING PROGRAMME (September 2015)

1 Sep	Tues	LT Tempo run	60 mins: to include ' <b>progressive 20:20:20</b> ' 20mins easy/20mins steady/20mins fast <i>Each 20min section to be performed as smooth progressive speeding up and not as a sudden surge of acceleration</i>	<i>performing these efforts at the correct transition of easier/steady/fast even tempo efforts.</i>
2 Sept	Weds	RACE	<b>Garden City 5k Series (inc. Herts Snr Champs)</b>	<b>Hatfield</b>
3 Sep	Thurs	VO <sub>2</sub> Max	'Six of the Best' 6x600m at <b>3km</b> pace (120 sec recovery) plus 5x300m at <b>3km</b> pace (60sec recovery) <i>Focus on performing these faster efforts at the required pace</i>	<b>**Greenway School -6.45</b>  <i>Check pace charts for the required pace</i>
6 Sep	Sun	Long Run / recovery	Upto 90mins hilly off road run ( <u>steady</u> pace)	<i>keep pace slower allowing for transition between harder workloads</i>
8 Sep	Tues	Lactate-threshold interval	60mins : to include 4x1mile (90sec <u>jog</u> recovery) 10mins easier warm up /cool down down <i>Focus on achieving even strong tempo efforts/times/pace on all</i>	<i>Focus on performing these efforts at the correct 10mile race pace</i>
10 Sep	Thurs	Time Trial / Basic Speed	Warm up plus <b>2km time trial</b> around perimeter of field (x2) - 5min easy jog plus 4x500m (ran as 2 halves of circuit to far corner~90sec recovery) plus a few strides cool down	<b>**Greenway School -6.45</b>  <i>Ensure the time trial is ran at an even fast hard effort</i>
13 Sep	Sun	Long Run / recovery	Upto 90mins hilly off road run ( <u>steady</u> pace)	<i>keep pace slower allowing for transition between harder workloads</i>
15 Sep	Tues	LT Tempo run/Long Hills	5min w/u plus 2x long hills Therfield Hill-Black Barn (Slow jog back recovery) plus 10min easy w/d <i>Light permitting or alternatively hilly town run</i>	<b>**focus on progressive pace throughout total interval.</b>
16 Sept	Weds	RACE	<b>Garden City 5k Series (inc. Herts Vets Champs)</b>	<b>Hatfield</b>
17 Sep	Thurs	VO <sub>2</sub> Max	2-3 * 2000m at 5km pace (90-180 sec recovery) around perimeter of Greenway Sch plus 6* 75m accelerating strides	<b>**Greenway School -6.45</b>  <i>efforts at 10km race pace</i>
20 Sep	Sun	Long Run / progressive	<b>Harvest Trail (1/2 Marathon 13.1 or Qtr Mar 6.5 miles or 80mins off road progressive run</b>	
22 Sep	Tues	Lactate-threshold workout LT interval	60mins : to include 3x1.5m (90sec <u>jog</u> recovery) 10mins easier warm up /cool down down <i>Focus on achieving even strong tempo efforts/times/pace on all</i>	<i>Focus on performing these efforts at the correct 10mile at good even tempo efforts.</i>
24 Sep	Thurs	VO <sub>2</sub> Max	5-6 * 1000m at 5km pace (60-120 sec recovery) around perimeter of Greenway Sch plus 5*100m accelerating strides <i>Light permitting or alternatively 8x800m at king James Way</i>	<b>**Greenway School -6.45</b>  <i>perform these faster efforts at 5km pace</i>
27 Sep	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>
29 Sep	Tues	2 <sup>nd</sup> LR / LT tempo interval	60mins to include 20/20/20 ~ 20mins easy 20mins <u>HARD</u> plus 20mins easy	<i>Discipline the 20min hard pace at <u>target</u> 10km race pace</i>
30 Sept	Weds	RACE	<b>Garden City 5k Series (race 3)</b>	<b>Hatfield</b>

**\*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

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

Mens Weekend Away - Alternative Programme (Eastbourne, East Sussex)

10 Sept	Thurs	VO <sub>2</sub> Max	Easy 20min warm up run plus speedwork session 10x400m [1min rest/2min after 5 reps] plus Easy 20min warm down
11 Sept	Fri	2 <sup>nd</sup> Long Run	8miles (am) plus optional 4miles (pm)
12 Sept	Sat	RACE	EASTBOURNE PARK RUN - 5km (am)
13 Sept	Sun	Long run	13miles Easy/steady off road/road group run

## How to Start Cross Country Running

As the late summer race season draws to an end, you might be starting to think about planning for the fast-approaching cross country season. Here are some quick tips to help you prepare for your training and races - whether you're new to cross country, or coming back to it.

### Cross Country Racing

#### Race kit

If this is your first cross country season, consider investing in a pair of cross country studs, trail shoes or spikes. If not, check your cross country footwear/spikes from the previous season are still in suitable condition, and fit comfortably. Lightweight cross country studs/spikes provide a bit more flexibility and movement in the sole than bulkier training shoes, to allow the shoe to follow the movement of your foot over the rough terrain. This will help prevent you going over your ankle during a race and being clogged up with mud!! Although most courses are fairly dry due to milder winters and may not require spikes but the length of a cross country spike is usually around 9mm to 15mm, longer than the average 6mm track spike. Keep the longer spikes for the muddier races! If you would prefer not to wear a spike, you can wear a good trail or fell shoe. The grip on the sole of the shoe will work similar to that of a spike, and it will provide your feet with a bit of added support.

The winter months can become very cold, so make sure you own so warm layers and thermals so you don't freeze on cold training nights or your race day!

**Fuel and hydration: before**

Everybody has their own preferences about eating plans before a race. It is important to consume a meal providing you with the right source of energy, a few hours before your race. If your race is around midday, have a good breakfast such as porridge or muesli with toast. Complex carbohydrates will give you the slow release energy that will keep you going through the race. This will also be the time to make sure that you are adequately hydrated. Avoid foods that give a fast release energy, such as those high in sugars. Try to refrain from eating and drinking too much close to your race, as you don't want to feel nauseous while running. Instead, have small snacks, such as a cereal bar, and sip lightly on water or an energy drink to sustain your energy levels.

### Fuel and hydration: after

Consuming food after the race is equally, if not more, important than what you eat before a race. This time, different food groups are more important. Try and eat a snack that will provide you with a source of proteins to stimulate muscle recovery after your race. Good snacks with a protein source include, for example a banana milkshake - not only easy to carry in your bag, but also tasty! You could also try

### Walk the course

This is a very important step to follow, especially if you are unfamiliar with the race course. It allows you to identify the sections of the race which you are going to find challenging (or are extra muddy!) so you can think ahead in your race. If not all the course look to identify key elements of the course / finish.

### Warm up

Before your race day, plan out your warm up. Depending on the length of your race, take a good warm up run for 10-20 minutes. Do some stretches and dynamic drills, and follow with some short interval reps at a moderate intensity for up to 3 minutes, to get your heart rate up. Don't forget to allow time to take off your layers and put on your spikes about 15 minutes before the gun goes off. Added stress of rushing to get to the start line is unnecessary and wastes energy!

### Race tactics

It is important to pace your race. Starting too fast can cause tiring early during the race. Cross country races focus more on the placing rather than time. Different courses will suit different people.

### Warm down

Don't forget to fit in an easy 10-20 minute warm down jog after your race. This will help loosen off your muscles and ease any tightness which you may feel the next day.

Good luck and enjoy your cross country season!

### P>S Core strength

The undulating terrain of cross country tests your strength, and reveals your weaknesses. Core work is often forgotten in a training schedule. It is, in fact, a key element of training that is going to put you that step ahead of your competitors, when the going gets tough towards the end of your races. No excuse not to come down to circuits!! Core work will help to strengthen and stabilise your posture during a race, helping to reduce energy wastage.

## 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.

**\*\*\*STOP PRESS\*\*\*STOP PRESS\*\*\*STOP PRESS\*\*\***

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

