



TRAINING PROGRAMME (June 2015)

2 June	Tues	REST/ Easier Run	Rest or very easier 20-40 mins run plus a few controlled accelerating strides (4x150m)	<i>Ensure to get a good night's sleep Zzzzzzzzz</i>
4 June	Thurs	RACE	**2015 MWL Road Race Div1 - Race2**	St. Albans Good luck to ALL ☺
7 June	Sun	Long Run / recovery	Upto 75mins off road run (steady recovery pace)	<i>keep pace slower allowing for transition between harder workloads</i>
9 June	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
11 June	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	<i>At Greenway Sch - 6.45 perform these faster efforts at 3km pace</i>
14 June	Sun	Long Run / recovery	Upto 75mins off road run (steady recovery pace)	<i>keep pace slower allowing for transition between harder workloads</i>
16 June	Tues	REST/ Easier Run	Rest or very easier 20-40 mins run plus a few controlled accelerating strides (3x300m)	<i>Ensure to get a good night's sleep Zzzzzzzzz</i>
18 June	Thurs	RACE	**2015 MWL Road Race Div1 - Race3**	Home fixture ~ Therfield Good luck to ALL ☺
21 June	Sun	Long Run / recovery	Upto 90mins off road run (steady recovery pace)	<i>keep pace slower allowing for transition between harder workloads</i>
23 June	Tues	LT Tempo run/Time trial	Short 1mile w/u plus Fast 4miles (slightly quicker than 10km goal pace) plus 6x200m accelerating strides (increasing to 90% effort ~ walk back recovery) ~ 0.5mile w/d	**focus on identifying the correct racing pace .
25 June	Thurs	VO ₂ Max	Speedwork: 5x45sec,5x90sec,5x45sec [60sec jog recovery] performed at 5km race pace	<i>At Greenway Sch - 6.45 perform these faster efforts at 5km pace</i>
28 June	Sun	Long Run / recovery	60mins off road progressive run	
30 June	Tues	REST/ Easier Run	Rest or very easier 20-40 mins run plus a few controlled accelerating strides (3x300m)	<i>Ensure to get a good night's sleep Zzzzzzzzz</i>

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

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

TIP : Leave the stop watch at home for one of your running sessions each week. Running without the pressure will give you a much-needed mental and physical break. Just listen to your body rather than staring at the watch!

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



Forthcoming MWL Div1 fixtures

JUNE 4	ST. ALBANS
JUNE 18	ROYSTON
JULY 2	TRENT PARK
JULY 16	WELWYN (MOB MATCH)
JULY 30	HERTS SENIOR & VETS RELAY CHAMPIONSHIPS FAIRLANDS VALLEY, STEVENAGE



Extract below from World of Running:-

Want to get your 10k tactics right and smash your PB? Planning the perfect 10k race is about so much more than split times. Today we'll break down everything from your race day nutrition to some common mistakes to avoid, to help you put together the 10k strategy that is perfect for you.

Nail your nutrition

To run well in your next 10k, you need to put the right fuel in the tank. A 10k doesn't quite fall into the 'endurance' category of events, so avoid the temptation to eat your bodyweight in pasta the day before your race. If you do, you'll be left feeling sluggish and bloated. Carbs shouldn't be skipped altogether though – a study published in the *NSCA Performance Training Journal* found that a pre-race meal with moderate levels of carbohydrate increased athletes' running time to exhaustion. It's all about finding the right balance. Aim for a dinner of around 50 per cent carbohydrates and 25 per cent protein the day before a race, rounding the rest off with healthy fats and vegetables.

On race day, for breakfast, keep it light and stick to what has worked for you in the past before training runs. This isn't the time to be experimenting with new foods. Depending on what you've eaten during training, take your pick from the old runner's favourites like porridge, bagels, oatmeal, wholegrain toast or a banana.

Warm up

Make sure you arrive at the start line with plenty of time to spare so that you can warm up effectively. Start off with a brisk walk and work your way up to five to 10 minutes of very gentle jogging. After that, perform a series of dynamic stretches. Dynamic stretches are far superior to static stretches, according to research published in the *Journal of Strength and Conditioning Research*. The researchers found that people who performed dynamic stretches before exercise performed better than those who didn't, because of increased blood flow and

THE RACE

Miles 0-2 (0-3km)

Did you know that the vast majority of 10k World Records were set by running a negative split? That means the athletes ran the second half of the race more quickly than they ran the first. This is what you should be aiming to do. When the race starts, set off at around five to 10 seconds slower per mile than your target pace. For example, if you're hoping to finish in 50 minutes, aim for eight minutes 10 seconds per mile for the first couple of miles. If you've never run a 10k before and want to work out a realistic target time, double your 5k PB and add on two minutes.

According to running expert Jeff Galloway, every second you go above your target pace in the first two miles of a 10k race will result in you being 10 seconds slower per mile in the final part of the race. By keeping things slow at the start, you'll be conserving your energy stores, keeping your muscles relaxed, and preparing your body for a fast finish.

Miles 2-5 (3-8km)

Even if you've started slowly, around the three to four mile mark you'll start to feel the burn, so start performing some mental checks to make sure your form isn't suffering. Your posture should still be nice and straight, and your muscles should be as relaxed as possible. Once you've corrected any form niggles, gradually work your way up to your target pace.

Resist the urge to 'chase down' any runners in front of you. While in theory this is supposed to give you the motivation you need to speed up and finish faster, in reality, you can never know what someone else's race plan is. For all you know they've just run their easy miles and are picking up the pace big time. You'll be left feeling exhausted, de-motivated, and still very much behind them.

While you can't know someone else's race plan, you can know your own. If you've planned your pacing strategy before a race, don't try to tweak things on the day when the adrenaline is flowing and the atmosphere starts to get to you. Resist the temptation to chase after the runners who are flying past at breakneck speed – if you stick to the plan, you'll catch them in the final stages of the race anyway.

Miles 5-6 (8-10km)

If you've paced yourself correctly, your goal for the final mile should be to finish the race as quickly as possible. Any interval sessions you've done during training will start to pay off now, as your body will be used to a sudden sustained injection of energy. Around this time you'll notice yourself passing a huge amount of runners who have got their pacing wrong, while you enjoy the rewards of your negative split tactic. Ideally you should cross the finish line just as your energy tank hits 'empty'. Gauging this correctly can be tricky, but again this is where interval sessions and sprinting exercises in training will help you to understand your own capabilities.

Practice makes perfect

When it comes to middle distance events, practice makes perfect. When the race is over, take some time out to reflect on how you performed. This should be done in two stages. The first will be directly after the race, when you'll go with your gut feeling on what could be improved while it's fresh on your mind. Were you in the right start group? Could you have warmed up for longer? The second stage will happen when you receive your official split times. Now it's time to do some in depth analysis. Did you set off too quickly and start to slow down in the