



TRAINING PROGRAMME (December 2015)

1 Dec	Tues	LT interval / Tempo Run	60mins to incl. 3x8min high tempo efforts (10km pace) 4mins easy running between efforts 10-12mins easy w/u & c/d	Higher Tempo effort to be performed at 10k race Pace
3 Dec	Thurs	VO ₂ Max	Short Team Relays ~ 400s & 200s Keeping things relaxed for those racing in Sunday	At King James Way - 6.45
6 Dec	Sun	RACE	*** Sunday Lge X-Country - (Race 3) ***	Willian, Letchworth
8 Dec	Tues	2 nd 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
10 Dec	Thurs	VO ₂ Max	Pyramid session:600>800>1000>1200>1000>800>600 ** N>B $\frac{3}{4}$ pace for those racing on Sunday (taper)	At King James Way - 6.45 4800m or 6000m @10k
12 Dec	Sat	RACE	*** SEAA Masters X-Country Champs ***	Shuttleworth Pk, Biggleswade
13 Dec	Sun	Tempo / Long Run	**RR Christmas run 5k or 10km** and/or incl. within longer 90min run (steady/hard/steady)	Therfield, Fox& Duck
15 Dec	Tues	LT interval + Tempo Run	5 mins warm up, 2x3mile @ $\frac{1}{2}$ Mar pace (tempo) with 5min jog between efforts, warm down. ** N>B 15-25secs faster than Mar Pace = LT tempo pace	Tempo efforts to be performed at $\frac{1}{2}$ Mar Pace
17 Dec	Thurs	VO ₂ Max	Short tempo run plus 'Up the Clock' short runs; 100m thru to 400m or 500m to incl. 50m sprints (total 3500m or 5400m) as 50m incremental steps from 100m (e.g. 50m stride+50m sprint, 150 100m+50m sprint etc) easy jog back recovery	At King James Way - 6.45
20 Dec	Sun	LR / Tempo Run	1hr 30min <u>hilly</u> off road (steady:quick:easy) pace on each 30mins of run ~ perhaps run as circuits of the Royston XC course or heath	
22 Dec	Tues	2 nd Long Run	60 mins: to include 12/8/4min tempo efforts @10mile/10km5km pace, recovery phase between faster tempo 6&4mins at easier pace	Discipline the pace at <u>target</u> required pace
24 Dec	Thurs	VO ₂ max	Sneaky 5km pre drink dash	Pre xmas party celbs
25 Dec	Fri	LT / Time Trial	***Christmas Day*** For those keen athletes an am 30-60min easy run or atleast a pre-lunch 20-30min blast	..anything to escape the cooking prep!!
26 Dec	Sat	2 nd LR	***Boxing Day*** Hangover Blues.....40-75min easy run	..really shouldn't have had the extra 1, 2,3...!!
27 Dec	Sun	LR / Tempo Run	1hr <u>hilly</u> off road (quick:quick) pace on each 30mins of run ~ perhaps run as circuits of the Royston XC course or heath	
28 Dec	Mon	RACE /LR /recovery	Buntingford Year End 10 miles (Herts Vets Champs) or 45min-1hour recovery run	Buntingford
29 Dec	Tues	LT intervals	60mins to include 5x5min Tempo efforts with [2min jog] or 30min recovery if raced. ** N>B 15-25secs faster than Mar Pace = LT tempo pace	Discipline the pace at <u>target</u> $\frac{1}{2}$ Mar pace
31 Dec	Thurs	2 nd LR	60-70 mins: sociable group run	