



## TRAINING PROGRAMME (June 2017)

1 June	Thurs	VO <sub>2</sub> Max	2x [3-4x-600m] at 3km pace / 120-180sec recovery / 4mins btwn sets. recoveries to be run as slow jog recovery taking full recovery phase	<b>**Heath -6.45</b>  perform these faster efforts at 3km pace
4 June	Sun	Long Run / recovery	upto 90mins+ <b>easier</b> off road endurance run	Keep the miles in but moderate the pace
6 June	Tues	Lactate-threshold workout LT interval	60mins incl. easy warm up / down ~ 5x1mile reps [90sec easy running] <i>Focus on performing these faster efforts at the required pace</i>	<u>Discipline</u> the pace at slightly below <u>target</u> 10km pace
8 June	Thurs	VO <sub>2</sub> Max + Basic Speed	[8-10]x400m at 3km pace [90-120sec recovery] plus [2-3]x300m [60-90sec] at 3km pace plus 4x150m quicker accelerating strides	At Greenway Sch - 6.45  perform these faster efforts at 3km pace
11 June	Sun	LR / LT Effort / VO <sub>2</sub> reps	<b>**steady 60-80mins run to include a sustained harder 15-20min effort at close to 10k race pace plus 5x3min efforts @5k [2mins recovery] 15mins wu// 20min effort// 10mins easy// VO<sub>2</sub> reps// 10mins easy</b>	Run these efforts at the required pace  <b>** if racing a parkrun on a Saturday undertake an easier 60min LR**</b>
13 June	Tues	Easy Run / REST	Rest or very easy 20-40 mins run plus a few <u>relaxed</u> 30:40:50:60s accelerating strides (X2)	<b>**What lessons can I learn from Race1,2&amp;3 ~ what improved goal can I set?</b>
15 June	Thurs	<b>RACE</b>	<b>**2017 MWL Road Race Div1 - Race3**</b>	Trent Park Good luck to ALL ☺
18 June	Sun	Long Run / recovery	upto 90mins+ off road endurance run	Keep the miles in but moderate the pace
20 June	Tues	Fartlek	Mona short Fartlek session: 1mile warm up plus 2x90sec,3x60sec,4x30sec,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	<b>Note:</b> 'x'sec performed as hard run efforts and 'y's as slower recovery phase (aim at plus km slower) <b>Note:</b> efforts @5km pace
22 June	Thurs	VO <sub>2</sub> Max	Speedwork: 3x900m, 3x600m, 3x300m [5400m/3min/2min/1min jog recovery] @3km pace performed as 900/900/900/600/600/600/300/300/300	At Greenway Sch - 6.45  perform these faster efforts at 3km pace
25 June	Sun	Long Run / recovery	upto 90mins+ <b>easier</b> off road endurance run	Keep the miles in but moderate the pace
27 June	Tues	Time Trial	Royston Runners Summer 3km relays & BBQ	A chance to run quicker than your 5km/10km pace
29 June	Thurs	VO <sub>2</sub> Max + Basic Speed	[5-6]x800 at 5km pace [120-180sec <u>rolling</u> recovery] plus [2-4]x150m controlled strides	At Greenway Sch - 6.45  perform these faster efforts at 5km pace

Please Note there will **no** SPEEDWORK sessions on any of the forthcoming MWL fixture dates.

**\*Supplement these harder sessions with easier/steady 35-45 min recovery runs, cross or circuit training, faster leg speed drills and lots of stretching\***

**TIP :** be sure to keep well hydrated each day throughout the warmer summer conditions

## MIDWEEK ROAD RACE SERIES 2017 DATES:-

**Thursday 15th June - Trent Park (Barnet & District)**

**Thursday 6th July - Orion**

**Thursday 13th July - The Mob Match GCR & Herts Phoenix**

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

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

**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 flexibility.

## **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.

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### **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 last few miles? Did you drop off the pace in the middle of the race? This will allow you to tweak your tactics for your next race accordingly.

**TIP :** When you run within your limits, every workout can be a pleasure. But start even a few seconds per mile too fast, and misery awaits: excess fatigue, loss of motivation, or even injury. That's why it's so important to know what pace is right for you. Happily, by reviewing the pace charts below, you can find the best speed for your runs, then set realistic goals and keep running—enjoyably—forever.



**TIP :** Pace is the key to winning a race or producing personal records. Before a race, you must work out a race strategy. The right race paces use your full potential through the different parts of the race, even if sometimes other runners are passing you, or if you are all by yourself, out in front.

It takes discipline, confidence and experience to hold the paces that get you to the finish having run the best race that you are capable of.

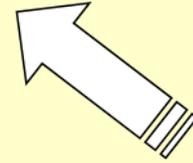
"You must understand pace to achieve the conditioning that controls physical improvement."

### Pace chart for 400 meters to 10km

400M	500M	600M	800M	1000M	1200M	1600M	3KM	5KM	5Miles	10Km
56.00	70.00	84.00	1.52	2.20	2.48	3.44				
58.00	72.50	87.00	1.56	2.25	2.54	3.52	7.15			
60.00	75.00	90.00	2.00	2.30	3.00	4.00	7.30	12.30		
62.00	77.50	93.00	2.04	2.35	3.06	4.08	7.45	12.55	20.47	25.50
64.00	80.00	96.00	2.08	2.40	3.12	4.16	8.00	13.20	21.27	26.40
66.00	82.50	99.00	2.12	2.45	3.18	4.24	8.15	13.45	22.07	27.30
68.00	85.00	1.42	2.16	2.50	3.24	4.32	8.30	14.10	22.47	28.20
70.00	87.50	1.45	2.20	2.55	3.30	4.40	8.45	14.35	23.27	29.10
72.00	90.00	1.48	2.24	3.00	3.36	4.48	9.00	15.00	24.07	30.00
74.00	92.50	1.51	2.28	3.05	3.42	4.56	9.15	15.25	24.47	30.50
76.00	95.00	1.54	2.32	3.10	3.48	5.04	9.30	15.50	25.27	31.40
78.00	97.50	1.57	2.36	3.15	3.54	5.12	9.45	16.15	26.07	32.30
80.00	1.43	2.00	2.40	3.20	4.00	5.20	10.00	16.40	26.47	33.20
82.00	1.45	2.03	2.44	3.25	4.06	5.28	10.15	17.05	27.27	34.10
84.00	1.48	2.06	2.48	3.30	4.12	5.36	10.30	17.30	28.07	35.00
86.00	1.50	2.09	2.52	3.35	4.18	5.44	10.45	17.55	28.47	35.50
88.00	1.53	2.12	2.56	3.40	4.24	5.52	11.00	18.20	29.27	36.40
90.00	1.55	2.15	3.00	3.45	4.30	6.00	11.15	18.45	30.07	37.30
92.00	1.58	2.18	3.04	3.50	4.36	6.08	11.30	19.10	30.47	38.20
94.00	2.00	2.21	3.08	3.55	4.42	6.16	11.45	19.35	31.27	39.10
96.00	2.03	2.24	3.12	4.00	4.48	6.24	12.00	20.00	32.07	40.00
98.00	2.05	2.27	3.16	4.05	4.54	6.32	12.15	20.25	32.47	40.50
1.40	2.08	2.30	3.20	4.10	5.00	6.40	12.30	20.50	33.27	41.40
1.42	2.10	2.33	3.24	4.15	5.06	6.48	12.45	21.15	34.07	42.30
1.44	2.13	2.36	3.28	4.20	5.12	6.56	13.00	21.40	34.47	43.20
1.46	2.15	2.39	3.32	4.25	5.18	7.04	13.15	22.05	35.27	44.10
1.48	2.18	2.42	3.36	4.30	5.24	7.12	13.30	22.30	36.07	45.00
1.50	2.20	2.45	3.40	4.35	5.30	7.20	13.45	22.55	36.47	45.50
1.52	2.23	2.48	3.44	4.40	5.36	7.28	14.00	23.20	37.27	46.40
1.54	2.25	2.51	3.48	4.45	5.42	7.36	14.15	23.45	38.07	47.30
1.56	2.28	2.54	3.52	4.50	5.48	7.44	14.30	24.10	38.47	48.20
1.58	2.30	2.57	3.56	4.55	5.54	7.52	14.45	24.35	39.27	49.10
2.00	2.33	3.00	4.00	5.00	6.00	8.00	15.00	25.00	40.07	50.00
2.02	2.35	3.03	4.04	5.05	6.06	8.08	15.15	25.25	40.47	50.50

2.04	2.38	3.06	4.08	5.10	6.12	8.16	15.30	25.50	41.27	51.40
2.06	2.40	3.09	4.12	5.15	6.18	8.24	15.45	26.15	42.07	52.30
2.08	2.43	3.12	4.16	5.20	6.24	8.32	16.00	26.40	42.47	53.20
2.10	2.45	3.15	4.20	5.25	6.30	8.40	16.15	27.05	43.27	54.10
2.12	2.48	3.18	4.24	5.30	6.36	8.48	16.30	27.30	44.07	55.00
2.14	2.50	3.21	4.28	5.35	6.42	8.56	16.45	27.55	44.47	55.50
2.16	2.53	3.24	4.32	5.40	6.48	9.04	17.00	28.20	45.27	56.40

## Equivalent times for 5Km through Marathon



5KM	8KM	10Km	15Km	10Miles	20Km	1/2 Mar	Marathon
13.00	21.36	27.12	42.04	45.46	57.31	1.01.02	2.09.21
14.00	23.16	29.17	45.18	49.18	1.01.57	1.05.44	2.19.18
15.00	24.55	31.23	48.32	52.49	1.06.22	1.10.25	2.29.15
16.00	26.35	33.28	51.47	56.21	1.10.54	1.15.07	2.39.12
17.00	28.15	35.33	55.01	59.51	1.15.13	1.19.48	2.49.09
18.00	29.54	37.39	58.15	1.03.23	1.19.39	1.24.30	2.59.06
19.00	31.34	39.45	1.01.29	1.06.54	1.24.04	1.29.12	3.09.03
20.00	33.13	41.50	1.04.43	1.10.25	1.28.30	1.33.54	3.19.00
21.00	34.53	43.56	1.07.57	1.13.56	1.32.55	1.38.35	3.28.57
22.00	36.52	46.02	1.11.12	1.17.27	1.37.21	1.43.17	3.38.54
23.00	38.12	48.07	1.14.26	1.20.59	1.41.46	1.47.59	3.48.51
24.00	39.52	50.12	1.17.46	1.24.30	1.46.12	1.52.40	3.58.48

Check out your track pacing  
and racing Goals!!

