



## TRAINING PROGRAMME (September 2017)

3 Sept	Sun	Long Run	1hr-90mins recovery run (keep pace steadier to aid recovery between weeks of harder training)	
5 Sept	Tues	2 <sup>nd</sup> LR / Lactate-threshold workout LT interval	Long Run:-60mins incl. easy warm up / down ~ <b>1x 12min/10min/8min LT efforts @ 13.1m pace</b> [2min slower runs between efforts run]  <i>Focus on performing this faster effort at the required pace</i>	<u>Discipline</u> the pace at <u>target</u> $\frac{1}{2}$ Mar pace
7 Sept	Thurs	VO <sub>2</sub> Max + Basic Speed	<b>[8-10]x500m</b> at 3km pace paarlauf run as 250m laps of cricket pitch plus 4x125m quicker accelerating strides	At Heath - 6.45  perform these faster efforts at 3km pace
10 Sept	Sun	Long Run	1hr-90mins XC hilly run (keep pace steadier to aid recovery between weeks harder training)	increase the endurance slowly week by week
12 Sept	Tues	LT Tempo run [if not racing on Weds]	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>	performing these efforts at the correct transition of easier/steady/fast even tempo efforts.
13 Sept	Weds	<b>RACE</b>	<b>Hatfield 5k Series (inc. Herts Vets Champs)</b>	<b>Hatfield ~ Race2</b>
14 Sept	Thurs	VO <sub>2</sub> Max	'Six of the Best' 6x600m at 3km pace (120 sec recovery) plus 5x300m at 3km pace (60sec recovery)  <i>Focus on performing these faster efforts at the required pace</i>	At Heath - 6.45
17 Sept	Sun	Long Run progressive	<b>Harvest Trail (1/2 Marathon 13.1 or Qtr Mar 6.5miles or 80mins off road progressive run</b>	<b>Royston</b>
19 Sept	Tues	Lactate-threshold workout LT interval	60mins : to include <b>4x10min</b> (90sec jog recovery) 8mins easier warm up /cool down down  <i>Focus on achieving even strong tempo efforts/times/pace on all</i>	Focus on performing these efforts at the correct <b>10mile</b> at good even tempo efforts.
21 Sept	Thurs	VO <sub>2</sub> Max	5-8 x 800m at 5km pace (60-120 sec recovery) plus 5*80m accelerating strides	**King James Car Park - 6.45
24 Sept	Sun	Long Run / recovery	60-90mins off road progressive run note: keep majority of run easier with an increased tempo in middle section / easier end	30:30:30mins (easy/tempo/easy)
26 Sept	Tues	LT Tempo run/Long Hills	10min w/u plus combination of longer hills around Royston (Slow jog bwn <u>fartlek</u> efforts) plus 10min easy w/d	**focus on progressive pace throughout total interval.
27 Sept	Weds	<b>RACE</b>	<b>Hatfield 5k Series</b>	<b>Hatfield ~ Race3</b>
28 Sept	Thurs	VO <sub>2</sub> Max + Basic Speed	4-5 * 1100m at 5km pace (90-180 sec recovery) plus 5*100m accelerating strides	**King James Car Park - 6.45

**\*\*\*Those advanced athletes to introduce weekly hill sessions on a Saturdays by alternating weekly shorter steeper hills (<90sec) ~ increasing average pace with undulating longer hills (120-360sec) ~ increasing time, high tempo time trial 2-3\*12mins or 18,9,6min runs and fast strides and a rest week balanced around the overall programme\*\***

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

Mens Weekend Away - Alternative Programme (Hull, Gloucestershire)

7 Sept	Thurs	VO2 Max	Easy 20min warm up run plus speedwork session 8x500m [90sec rest/3min after 4 reps] plus Easy 20min warm down
8 Sept	Fri	2 <sup>nd</sup> Long Run	7-8miles (am) plus optional 3-4miles (pm)
9 Sept	Sat	RACE	LUDLOW PARK RUN - 5km (am) / Long Walk (pm)
10 Sept	Sun	Long run	13miles Easy/steady off road/road group run

**Tips for fighting off fatigue and pain**

Fatigue and pain limit performance. The following are some mental tricks that you can play on yourself to keep your mind occupied just at a time when it is searching for reasons to concede to distress! You can't outrun fatigue but the idea is that you can bluff your way through it.

1. Recognise any discomfort and talk your way through it (not out aloud otherwise you may get locked up!).
2. At the first sign of any discomfort or fatigue heighten your awareness in that area. If you feel tightness, for example, in your quads late in a race tighten those muscles momentarily and then let go. This reduces anxiety, helping fight off fatigue with relaxation.
3. Try repeating a relaxation slogan such as 'calm, calm, calm' if you feel fatigue or discomfort setting in. Find a slogan or set of words that work for you and be ready to use them at key points in your runs.
4. Control discomfort by use of controlled breathing. If you are struggling focus on deep, steady breathing. This relaxes you so that you are able to concentrate on effort, not pain.
5. Practice talking to yourself!! Remind yourself how well you have trained for this race, how much you have been through, the milestones you have achieved on the way etc. Experiment and find what works for you.
6. Segmenting a race into chunks. Try counting down distances rather than clocking them up. In a 10K work down the remaining distance so that you are coming closer and closer to the end of the race rather than thinking you have completed 2,3,4 and then 5 miles etc. Setting time targets for each mile and then banking those before moving on the next one is another technique you can adopt.

Go on and give it a go. What have you got to lose????

**Visualisation**

This is a fancy word for daydreaming. The difference is that rather than letting your mind wander, you take conscious control and entertain only thoughts that will help your running. Memorise what it feels like to run correctly then replay that memory over and over again, concentrating on rhythm and flow of good form. If nothing else, this should make it easier to distinguish good form from bad in actual workouts. Visualisation is a great technique to use in race preparation runs and then races themselves.

It aids your focus and optimises your ability to perform at your best. However, just like running itself you need to train your mind to make the most of visualisation. Try it in lower key training sessions and perfect it before key races.

### **Crushing those negative thoughts**

As runners we will come across a wide range of situations where negative thoughts and self doubts creep into our heads. The result is impact on our performance and disappointments. Here are some common scenarios with tips on how to deal with them:

**Scenario** - You always struggle with hills

**Solution** - picture yourself. get a running partner to take a picture of you running up a hill. Smile broadly as if you are loving it! (even if you are not!) Save the picture as a screensaver or home page and every time you use your phone/mobile device you will see yourself running the hill and loving it!

## **Circuit Training ~ wef 11th September**

**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.

fees go towards 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

