



TRAINING PROGRAMME (December 2017)

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| 3 Dec | Sun | Long Run / recovery | Upto 90mins off road run (<u>steady</u> recovery pace) | keep pace slower allowing for transition between harder workloads |
| 5 Dec | Tues | 2 nd LR / LT intervals | 60mins: short w/u 5mins plus 5-6 x mile Lactic Threshold intervals [1min active recovery btwn efforts] short c/d <i>Maybe done as an out & back around industrial estate</i> ** N>B 15-25secs faster than Mar Pace = LT tempo pace | Discipline the pace at <u>target</u> $\frac{1}{2}$ Mar pace |
| 7 Dec | Thurs | VO ₂ Max | Pyramid session:600>800>1000>1200>1000>800>600 | At King James Way - 6.45 4800m or6000m @5k |
| 10 Dec | Sun | Tempo / Long Run | **RR Christmas run 5k or 10km ** and/or incl. within longer 90min run (steady/hard/steady) | Therfield, Fox& Duck |
| 12 Dec | Tues | LT Tempo run | 60mins to incl. easier longer grp w/u of 10mins + 40mins [10x[3min fast:1min slower run c200m] plus 10min easy c/d | Tempo efforts to be performed at 10mile race pace [last 2 at quicker 10km pace] |
| 14 Dec | Thurs | VO ₂ Max | 4-6 * 600m parluf relay at a relaxed pace | At King James Way - 6.45 |
| 17 Dec | Sun | RACE | *** Sunday Lge X-Country - (Race 3) *** | Willian, Letchworth |
| 19 Dec | Tues | 2 nd Long Run | 60 mins: Steady Group Run Boundary run of Royston incl. 5x200 strides | keep pace slower allowing for transition between harder workloads |
| 21 Dec | Thurs | VO ₂ Max | 2-3 sets x 5 x 400m (@ 3k-5k race pace) with 60s, 45s, 30s, 15s, recovery and 90s between sets | At King James Way - 6.45 |
| 23 Dec | Sat | PARK RUN | An opportunity to undertake a local PARK RUN before the evening drinks!!! | Pre xmas party celbs |
| 24 Dec | Sun | Long Run / recovery | 'Calm before the Storm' longer easier run to gain some additional miles over rteh festive season | ..anything to shed a few calories |
| 25 Dec | Mon | LT / Time Trial | ***Christmas Day*** For those keen athletes an am 30-60min easy XC run or atleast a pre-lunch 20-30min blast | ..anything to escape the cooking prep!! |
| 26 Dec | Tues | 2 nd LR | ***Boxing Day*** Hangover Blues.....40-75min slow easy run | ..really shouldn't have had the extra 1, 2,3...!! |
| 27 Dec | Tues | RACE /LR /recovery | Buntingford Year End 10 miles or 45min-1hour recovery run | Buntingford |
| 28 Dec | Thurs | 2 nd LR / LT intervals | Mixed LT tempo efforts 60mins to incl:- 3/6/9/9/6/3 min <u>controlled</u> Tempo efforts [60sec between efforts] ** 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 | Sun | RACE /LR /recovery | Buntingford Year End 10 miles or 45min-1hour recovery run | Buntingford |

Supplement these sessions with steady/easy 35-45 min RECOVERY runs, cross or circuit training

Leg Speed: incorporate a weekly/fortnightly XC session of fast strides, i.e. 10*100m, 7*150m or 5*200m

High tempo XC/Road time trials 10-25min runs should be built into at least a monthly programme (race fitness tests). Balance the inclusion of ALL these above sessions into your personal programme that suits yourself, consider your own level of fitness, experience and weekly time commitments in planning these sessions but if sensibly placed across the month YOU will reap the rewards!!

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

REMAINING SUNDAY LEAGUE CROSS COUNTRY 2017/2018 Dates:-

Jan-14
Feb-18

WATFORD
ROYSTON

Circuit Training ~ Starts back Jan 8th

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



10 Running Goals You Should Make for 2018

Set the right goals and you'll run faster, train smarter, and have more fun hitting the tracks or pavement in the new year.

If you're reading this, we're betting you're a runner—no matter how skilled you are, or how long you've been doing it. This year, revamp your New Year's resolutions with goals meant to make you a more well-rounded runner. Resolutions that merely focus on going faster may set you up for frustration down the road. Sure, speed is something every runner wants to improve, and it can be part of your New Year planning, but goals that also focus on training, friends, and having fun will make your 2017 more successful—and enjoyable.

Ease Into the New Year

Running is a sport of incremental improvement, not leaps and bounds. Resolutions should focus on months of gradual improvement, and reject the boot camp mentality of frenzied weeks or even days. Especially if you're new to the sport, think of the year as a 12-mile run and resolve to treat January as your warm-up mile. Aim to run every other day for 15 to 30 minutes, with plenty of walk breaks. Once 30 minutes is comfortable, add another 5 minutes every month or so to your longest run.

Run More Than You Did Last Year

If you're a seasoned runner, the best way to improve is to keep pounding the road. Running more is the simplest and most effective way to become a better runner. But saying, I'll run more isn't effective as a resolution. Aiming for 10 to 20 percent more miles than you covered last year, and resolving to run at least three days a week. Choosing a specific number of days and sticking to it will help you meet those mileage goals. [Marathoners: Want A Real Fitness Challenge? Try Running 3 Races In One Weekend.](#)

Work Hard, Play Hard

Many runners set a goal to beat their best time at a certain distance. But you could be setting yourself up for failure if that's your only focus. A lot is outside of our control, both on race day and throughout training, and it's a shame to chalk the year up as a loss if you don't achieve that one goal. Does that mean you shouldn't reach for a bold goal like a personal best? Not at all. Clear, ambitious goals can be very motivating. But couple it with at least one other resolution that is more attainable. Pair a black-and-white time goal with something more progressive or wacky like running a fell race or obstacle race!

Prioritise Injury Prevention

Injury prevention is an after-thought for most runners, which is a big mistake. It should be built into the training itself. Resolve to be proactive about injury prevention instead of reactive when aches and pains come along. This includes getting enough sleep and using a foam roller for any tight or sore muscles. More importantly, he recommends "sandwiching" runs between a dynamic warm-up—that includes knee hugs, mountain climbers, and leg swings—and 10 to 30 minutes of core exercises like planks, bridges, bird dogs, and other movements. If you think you have no time for prevention work, you'll sooner or later have to find time for injuries.

Register for a Goal Race

Having a date on the calendar to work toward can be incredibly motivating. Sign up for a race that excites you and will inspire you to keep training, whether it's the lure of a new distance, a bucket-list event, or a race in a destination you've always wanted to visit. If you're used to tackling half-marathons, why not target a mile race and work on speed? If you've never raced before, sign up for a 5K or 10km in a few months, or even just one of local FREE Parkruns. Experienced runners often target a challenging race as incentive for the new year of training. Only problem is that they often forget to create a body capable of tackling the new race. That's where our next resolution comes in.

Build a Racing Body

Signed up for that race? For experienced runners, the goal shouldn't be completing a race distance; it should be mastering it by building a fit body that can easily handle race distance and race goal pace. If you're an advanced runner hitting the road four to six days a week, resolve to build your racing body this year by adding one or two days per week of strides and dynamic drills like skipping, bounding, and butt kicks to your regular workouts. In the winter include one day a week of short, but steep hill repeats. For example, six 50-100m meter surges at 90 percent of your max effort with two or three minutes of recovery. And plan for one day of speed intervals, like six rounds of three minutes at 5K race pace with two minutes of jogging between repeats. It can make you faster! Shaving minutes Off Your 10km time!

Volunteer at a Race

If you've ever run a race, you've gotten a cup of water or finisher's medal from a volunteer. They're the backbone of the race day workforce. But they do so much more than that, including setting up, cleaning up, marshaling the course, handling baggage, passing out food and water, cheering, and aiding runners from the corrals to the finish. At a major event like a marathon, they'll put in 8-hour shifts and sometimes longer. Joining their ranks is one of the most satisfying things you can do as a runner. You're giving back to the running community that supports and drives you. You'll experience and appreciate the hard work that goes into volunteering. Plus, lending a hand to other folks while they race just might inspire your own training.

Call Yourself a Runner

Nearly 50 million people ran at least 50 days—roughly once a week— in 2017, but many don't think of themselves as runners. Resolve to change that this year by taking stock of who you are and what you do, instead of who you're not and what you can't do. Creating positive self-talk and celebrating one positive outcome after every workout will set you up for fitness success. If hitting the road is a regular and important part of your fitness routine—no matter how fast or far you go, and whether or not you sign-up for races—then it's time to start claiming the title. Simply, if you run, you're a runner. Embrace it.

Find a Running Buddy

If you always run alone, resolve to find a running buddy or join a group or team. You can still run some of your workouts solo, but studies show that training with other folks actually improves performance. One study found that people who ran with someone they perceived to be fit exercised harder than when working out alone. So find a running partner or offer to pace a friend in an upcoming race. You just might become a better runner.

Refresh Your Playlist

Listening to music before, during, and after your run can improve your performance and speed recovery. Researchers found that listening to motivational songs before a 5K time trail helped pump up runners up for faster times. Calming music afterward also helped them recover more quickly. So resolve to add some inspiration to your routine, either before, during, or after you run with a fresh playlist. And don't forget the slow jams!

