



TRAINING PROGRAMME (May 2018)

1 May	Tues	LT Tempo run/Long Hills	10min w/u plus 2-3x long hills Therfield Hill-Black Barn (Slower recovery) plus 10min easy w/d	<i>**focus on progressive pace throughout total interval.</i>
3 May	Thurs	VO ₂ Max + Basic Speed	[4-5]x800m at 3km pace [120-180sec recovery] plus [2-4]x400m [60-90sec] at 3km pace plus 4x150m quicker accelerating strides	At Greenway Sch - 6.45 <i>perform these faster efforts at 3km pace</i>
6 May	Sun	Long Run / recovery	upto 90mins+ easier off road endurance run	<i>Keep the miles in but moderate the pace</i>
8 May	Tues	LR / Lactate-threshold workout LT interval	Long Run:-60mins incl. easy warm up / down ~ Green highway trip out followed by 4km-5km controlled Time Trial around village loop ~ return back Green highway <i>Focus on performing this faster effort at the required pace</i>	<i>Discipline the time trial pace at slightly below target 10km pace</i>
10 May	Thurs	VO ₂ Max	5-6 * 1000m at <u>5km</u> pace (60-120 sec recovery) around perimeter of Greenway Sch plus 4*150m controlled accelerating strides	**Greenway School -6.45 <i>perform these faster efforts at 5km pace</i>
13 May	Sun	Long Run / recovery	upto 90mins+ easier off road endurance run	<i>Keep the miles in but moderate the pace</i>
15 May	Tues	LR/ Lactate-threshold	Hilly 15:[2x10]:20 ~ easier15mins/2x10min LT reps@10m pace [5min easy btwn]/easy 20min]	2nd LR / LT reps **keep these efforts at 10mile target pace
17 May	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	At Greenway Sch - 6.45 <i>perform these faster efforts at 3km pace</i>
20 May	Sun	Easy Run / Leg Speed	<u>easier</u> 45-60mins run to include a few controlled strides, 5x200m [2mins recovery btwn efforts)	<i>Run these efforts quicker than race pace</i>
22 May	Tues	REST / Easy run	Rest or very easy 20-30 mins run plus 1min,2min,3min <u>relaxed</u> strides [1min easy btwn]	**Think race strategy and prepare your race pacing
23 May	Weds	RACE	**2018 MWL Road Race Div2 - Race1**	Hitchin <i>Good luck to ALL ☺</i>
17 May	Thurs	Rest/ Easy Run	No Speedwork EASY RECOVERY RUN ADVISED	<i>light stretch</i>
27 May	Sun	Long Run / recovery	upto 90mins+ easier off road endurance run	<i>Keep the miles in but moderate the pace</i>
29 May	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	Note: 'x'sec performed as hard run efforts and 'y's as slower recovery phase (aim at plus km slower) Note: efforts @5km pace
31 May	Thurs	VO ₂ Max + Basic Speed	[4-5]x800m at 3km pace [120-180sec recovery] plus [2-4]x400m [60-90sec] at 3km pace plus 4x75m quicker accelerating strides	At Greenway Sch - 6.45 <i>perform these faster efforts at 3km pace</i>

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

TIP : Leave the stop watch at home or avoid being tempted to be influenced by the pace. 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!

MIDWEEK ROAD RACE SERIES 2018 DATES:-

MAY 23	HITCHIN
JUNE 7	ROYSTON
JUNE 20	WELWYN
JUNE 27	HARLOW
JULY 12	WELWYN [MOB MATCH]

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

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

TIP : The key to maintaining performance in hot conditions is sufficiently replacing the fluids and electrolytes you lose while you're running. Although there are recommended guidelines for consumer liquids during a run or race—roughly 4-6 oz. of carbohydrate/electrolyte beverage every 20 minutes or so—the amount of fluid needed varies greatly among runners

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

High tempo time trials 10-25min runs should be built into at least a monthly programme

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 training runs, speedwork and races to set realistic goals and keep running—enjoyably—forever.

Here are some tips to help you get through the coming months:

1. Run at the coolest time of day, which is usually just before sunrise.
2. Avoid running during the middle of the day, usually the hottest time.
3. Plan shady routes and/or routes with water fountains.
4. Wear loose fitting, light-colored, tech clothing that wicks away sweat and dries quickly.
5. Consume adequate amounts of water and sports drink.
6. Avoid getting sunburned because injured skin loses its' ability to sweat, making cooling less efficient.
7. Examine any medications you may be taking because some can increase your sensitivity to heat.
8. Slow your run pace down to adjust for heat and humidity.

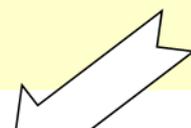
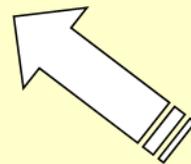
Pace chart for 400 meters to 10km

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

Check out your track pacing
and racing Goals!!



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

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.

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"