



## TRAINING PROGRAMME (October 2018)

30 Sep	Sun	Race / Long Run	Standalone 10km or Upto 90mins <u>hilly</u> off road run ( <u>steady</u> pace with progressive finish)	keep pace slower allowing for transition between harder workloads
2 Oct	Tues	2 <sup>nd</sup> LR / LT intervals	<b>Mixed LT tempo efforts</b> 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
4 Oct	Thurs	VO <sub>2</sub> Max	B2B: 4-5*1200m* <b>@10km race pace</b> progressing to quicker 5km pace on latter reps (120-180 sec recovery) ~ focus on negative splits. <b>[will be a shorter 600m beginner session planned]</b> Focus on performing these faster efforts at the required pace	King James Car Park -6.45 progressively faster from 10km-5km pace
7 Oct	Sun	Long Run	1hr-90mins XC run (include 4miles of quicker progressive pace towards end of run) ** each week build a negative split running to this LR	increase the endurance slowly week by week negative split@ $\frac{1}{2}$ Mar pace
9 Oct	Tues	2 <sup>nd</sup> LR / LT intervals	<b>Mixed LT tempo efforts</b> 60mins to include 4min/8min/12min/8min/4min Tempo efforts with 2min jog in 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
11 Oct	Thurs	VO <sub>2</sub> Max	2-3 sets 5 x 400m (@ 3k-5k race pace) with diminishing recoveries of 60s, 45s, 30s, 15s, recovery and 90s between sets	At King James Way - 6.45
14 Oct	Sun	CLUB Race	<b>*** Long Short Relay ***</b>	Royston
16 Oct	Tues	LT Tempo run	50mins to incl. easier longer grp w/u of 15mins plus <b>20x1min faster [1min slow]</b> plus 15min c/d	
18 Oct	Thurs	VO <sub>2</sub> Max	Long Hills - 2/3 rolling sets; run hard on hills with easier run recoveries	At King James Way - 6.45
21 Oct	Sun	XC race LR/tempo effort	<b>Ampthill Trophy XC</b> or 1hr-75mins XC run (include 4miles of quicker progressive pace towards end of run) ** each week build a negative split running to this LR	increase the endurance slowly week by week negative split@10m pace
23 Oct	Tues	2 <sup>nd</sup> Long Run / strides	45-60mins to incl. easier longer grp w/u of 15mins plus 2x 10min controlled progressive efforts [5min easier btwn efforts] 10min w/d plus optional 4x200m strides (walk recovery)	**focus on <u>progressive</u> pace throughout pacier interval but no quicker than 10km race pace.
25 Oct	Thurs	VO <sub>2</sub> Max	4-6 x600m parluf relay at a relaxed pace	At King James Way - 6.45
28 Oct	Sun	RACE	<b>Sunday Lge X-Country - (Race 1)</b> <b>#GOROYSTONGO #BLACK&amp;REDARMY</b>	<b>Cheshunt</b>
30 Oct	Tues	2 <sup>nd</sup> Long Run / strides	60mins to incl. <u>easier</u> longer group including 5x300m progressive efforts [2min easier btwn efforts] longer w/d	**focus on <u>progressive</u> pace throughout pacier interval but no quicker than 10km race pace.

\*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\*\*\***

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**TIP:** Weight training is very beneficial for runners, regardless of the distance you are training for. It reduces the risk of injury by strengthening muscles and connective tissue, it also improves control, balance and muscle co-ordination and consequently improves running economy - see you down at circuits then !!!...Monday then 6.15 - 7.15pm.

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Future 2018/19 Sunday Cross Country Fixtures

- □ 02/12 Trent Park
  - □ 16/12 Willian
  - □ 13/01 Watford
  - □ 10/02 Royston
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### **Tempo Training ~ What are they?**

Tempo runs are the simplest of all speed workouts. Just warm up, run at a challenging, steady pace you can hold for the set distance and then cool down. They are also known as lactate, anaerobic or fatigue threshold runs. When you go above your threshold, lactic acid builds up, breathing becomes laboured, running form gets ragged, muscles tense and tighten as fatigue sets in. With tempo runs, you train close to your threshold without exceeding it. As a result, you'll raise it, enabling you to run faster and farther before fatigue sets in. Holding a tough enough pace is the key to performance.

Tempo runs offer many advantages. Although your lactate threshold can be improved with shorter, faster intervals, tempo runs allow for a higher quantity of threshold training per workout, and at safer speeds. Since the pace of tempo runs is not as hard as other types of speed training, recovery is quicker and injury less likely. Its less stressful than intervals. Tempo running by its nature is controlled so it guards against the tendency to train as hard as you can. Tempo training will help you develop a feel for even pace (hence the term 'tempo') so you'll run more evenly in races.

### **Tempo pacing**

The key to tempo training is to strike the correct balance between speed and mileage. You should be aiming to complete runs (after warm up) between 3 to 5 miles at a challenging pace that you can hold for that distance. You can judge the required pace by 'perceived exertion'. You should be running hard enough for breathing to become faster but you should not be gasping for air. Tempo pace will put you in a two strides-in, one stride-out rhythm for your breathing. If you are breathing in and out with each stride then you are going at interval pace, so slow down! You should be able to think clearly and talk, but not in full sentences. You should be running in some discomfort but not so much

so that it causes you to bring your run to an abrupt end. Tempo pace is usually approximately 15 to 30 seconds per mile slower than your 10K pace or 30 to 45 seconds slower than your 5K pace. If using a heart rate monitor the training should be at approximately 85% of maximum heart rate. A quick and easy rule to use is that of the '20:20'. Most runners will get a great deal of benefit from a 20 minute tempo run ran at 20 seconds per miles slower than their 10K pace.

You won't get it right first time! Practice is the key until you find the pace that you can maintain throughout the tempo run that is hard enough for you to get the benefits in respect to your lactate threshold.

You can run tempo runs anywhere. They can be, for example, completed off road or even on a treadmill. Just ensure you follow the pattern of (i) adequate warm up (ii) timed tempo run with a focus on pace and form and (iii) adequate cool down.

## Circuit Training

**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.

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**For those interested I will be running a Bleep Test at 5.50pm each week prior to the circuits**

