



## TRAINING PROGRAMME (November 2018)

1 Nov	Thurs	VO <sub>2</sub> Max	<b>Short 'firework' Hills</b> - short tempo run (3km max.) plus [8-16 reps] x shorter hills [200m]; run hard on hills with easy jog recoveries ( <i>efforts as sets of 4 reps /walk btwn sets</i> )	At King James Way - 6.45
4 Nov	Sun	Long Run	1hr-90mins XC hilly run (include 2miles of quicker pace towards end of run) <b>** each week build a negative split running to this LR</b>	increase the endurance slowly week by week negative split@ $\frac{1}{2}$ Mar pace
6 Nov	Tues	2 <sup>nd</sup> LR / LT intervals	60mins: short w/u 5mins plus ' <b>SCARY</b> ' <b>5-6 x Mile Lactic Threshold intervals</b> [1min active recovery btwn efforts] short c/d <b>** N&gt;B 15-25secs faster than Mar Pace = LT tempo pace</b>	<b>Discipline</b> the pace at <u>target</u> $\frac{1}{2}$ Mar pace Maybe done as an out & back around industrial estate
8 Nov	Thurs	VO <sub>2</sub> Max	<b>Pyramid session:</b> 600>800>1000>1200>1000>800>600 active 200m jog btwn efforts	At King James Way - 6.45 4800m or 6000m @5k
11 Nov	Sun	Long Run	1hr-90mins XC run (include 4miles of quicker progressive pace towards end of run) <b>** each week build a negative split running to this LR</b>	increase the endurance slowly week by week negative split@ $\frac{1}{2}$ Mar pace
13 Nov	Tues	Tempo / Time Trial	<b>Royston Runners Birthday 'CAKE' 10k Run :-</b> 5/10mins warm up jog <i>Garden Hospice &amp; Richard Cox Hse</i>	Royston Heath Club
15 Nov	Thurs	VO <sub>2</sub> Max	<b>Short tempo run followed by [6-12] x 400m ~</b> run as hard efforts with full recovery of run time plus fast strides (@ 3k-5k race pace)	At King James Way - 6.45
18 Nov	Sun	Long Run / recovery	Upto 90mins off road run (steady <u>recovery</u> pace)	keep pace slower allowing for transition between harder workloads
20 Nov	Tues	LT interval 2 <sup>nd</sup> LR / Tempo Run	60mins to incl. <b>10mins</b> (Mar pace) 5mins easy <b>8mins</b> (1/2 Mar pace) 4mins easy <b>6mins</b> (10k pace) 3mins easy <b>4mins</b> (5k pace) 2mins easy <b>2mins</b> (3k pace)	Focus on performing the <u>correct</u> pace per set pace for each tempo effort
22 Nov	Thurs	VO <sub>2</sub> Max	<b>Long Hills</b> - 2/3 rolling sets; run hard on hills with easier run recoveries <i>compare and build upon times/reps from last time</i>	At King James Way - 6.45
25 Nov	Sun	Long Run	<b>60-70mins HARDish progressive run</b>	To be run at a good tempo
27 Nov	Tues	Tempo run / VO <sub>2</sub> efforts	60mins to incl. easier longer grp w/u of 13mins plus <b>33mins [2min fast:1min slow active]</b> plus 15min easy c/d	
29 Nov	Thurs	VO <sub>2</sub> Max	<b>Short Team Relays</b> ~ incline & decline 200s Keeping things <u>relaxed</u> for those racing on Sunday	At King James Way - 6.45

**\*BUILD ENDURANCE** Supplement these sessions with steady/easy 35-45 min RECOVERY runs\*

**Leg Speed:** incorporate a weekly/fortnightly XC session of fast strides, i.e. 10x100m, 7x150m or 5x200m

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

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High tempo XC/Road time trials/Park Runs 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!!

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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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## 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.

**\*\*\*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

