



## TRAINING PROGRAMME (May 2019)

2 May	Thurs	LT reps / VO <sub>2</sub> Max	2-3 x 2km (2 laps) @5k pace [6km in total] ~ slow 90-180 sec jog recovery btwn reps or 2:2:1 [5km in total] or 2:1:1:2x0.5 plus 4x150m strides ~performed around the perimeter of school field	**Greenway School -6.45 efforts at 5k pace Check pace charts
5 May	Sun	Long Run	60-90min hilly off road (steady:steady:steady) steady pace on each 30mins of run	
7 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>	<u>Discipline</u> the time trial pace at slightly below target 10km pace
9 May	Thurs	VO <sub>2</sub> Max	(3)-5-6 x 1km (1 lap)@5k pace (60-120 sec rec) plus 4x200m controlled accelerating strides ~performed around the perimeter of school field	**Greenway School -6.45 perform these faster efforts at 5km pace
12 May	Sun	Long Run / recovery	upto 90mins+ <b>easier</b> off road endurance run	
14 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
16 May	Thurs	VO <sub>2</sub> Max	Speedwork: 3x900m, 3x600m, 3x300m [5400m/3min/2min/1min jog rec] @3km pace performed as 900/900/900/600/600/600/300/300/300	At Greenway Sch - 6.45 perform these faster efforts at 3km pace
19 May	Sun	Easy Run / Leg Speed	<u>steadier-easier</u> 45-60mins run to include a few race pace efforts of 3,4,5min efforts @10k	Run these efforts quicker than race pace
21 May	Tues	REST / Easy run	Rest or very easy 20-30 mins run incl. 1,2,3min @quicker race pace efforts@5k [1min easy btwn]	**Think race strategy and prepare your race pacing
23 May	Thurs	<b>RACE</b>	<b>**2019 MWL Road Race Div1 - Race1**</b>	<b>St. Albans</b> Good luck to ALL ☺
26 May	Sun	Long Run / recovery	upto 90mins+ <b>easier</b> off road endurance run	Keep the miles in but moderate the pace
28 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	<b>Note:</b> 'x'sec performed as hard run efforts and 'y's as slower recovery phase (aim at plus km slower) <b>Note:</b> efforts @5km pace
30 May	Thurs	VO <sub>2</sub> 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 perform these faster efforts at 3km pace

Please Note: no alternative SPEEDWORK sessions will be on when MWL race dates clash

**STOP PRESS:** Lookout for future club comms regarding away-day track session(s) at Ridlins track in Stevenage. Looking further ahead once Schools break at the end of the summer term we have secured the use of Meridian's 400m School Track ~ dates will follow.

**\*Supplement these sessions with easy/steady 35-45 min recovery runs, cross or circuit training, faster leg speed drills and lots of stretching\***

What to do on a Saturday?? Why not try a parkrun or a weekly/fortnightly of the following:-

**\*\*Those keener and/or advanced athletes to undertake a high tempo time trial, park runs or extended reps at 10k race pace or quicker 3k-5k pacing blocks over shorter distances either a regular 5km parkrun, longer 10k pace reps of 2x[10min/5min blocks/rolling recovery of 5min&3min] or 3k-5k pyramid session of 1,2,3,4,5,6,5,4,3,2,1min incorporated into the weekly cycle. Maybe even try an easier run including an element of a leg speed session (see below for ideas) OR a complete rest day balanced around your own personal programme and abilities\*\***

*\*\* Please seek the views of the on-hand coaches and leaders available\*\**

TIP: Always follow vigorous exercise on one day with a rest day or a recovery run. Even if you do feel fantastic the day after a hard run, temper yourself. If you don't do that, you will struggle the following day, or worse, become injured. Stress on top of rest equals improvement, but stress on top of stress equals breakdown.

**Leg Speed: incorporate a XC session of fast strides, i.e. 10x100m,7x150m,5x200m,4x300m on & off hills**



Scotts Mid-Week League races Dates:		
Thurs May-23	ST. ALBANS	19.45
Thurs Jun-13	ROYSTON	19.45
Thurs Jun-20	CHINGFORD	19.45
Thurs Jul-04	TRENT PARK	19.45
Thurs Jul-11	WELWYN	19.45

Kevin Henry races Dates:		
Thursday 6th June	Newmarket	19.30
Thursday 11th July	Wimbish	19.30

**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

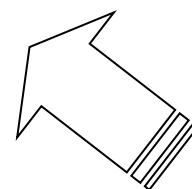
TIP : When you run within your limits, every workout can be a pleasure. But start even a few seconds per mile too fast, and misery awaits: excess fatigue, loss of motivation, or even injury. That's why it's so important to know what pace is right for you. Happily, by reviewing the pace charts below, you can find the best speed for your training runs, speedwork and races to set realistic goals and keep running—enjoyably—forever.

## 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
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



Check out your track pacing and racing Goals!!

