



## TRAINING PROGRAMME (September 2019)

1 Sept	Sun	Long Run	1hr-90mins recovery run (keep pace steadier to aid recovery between weeks of harder training)	
3 Sept	Tues	2 <sup>nd</sup> LR / Lactate-threshold workout	LR:-60mins incl. easy 15mins w/u & c/d ~ <b>Tues 'ODD' tempo Pyramid; [3/6/9/6/3min] LT efforts @13.1m pace [1min slow run btn efforts]</b> <i>Focus on performing this faster effort at the required pace</i>	<u>Discipline</u> the pace at <u>target</u> $\frac{1}{2}$ Mar pace <i>objective is to keep even pace for all LT efforts</i>
5 Sept	Thurs	VO <sub>2</sub> Max + Basic Speed	<b>Back to Basics (B2B); [8-12]x400m</b> at 3km pace run as circuit of Rugby pitch, recovery 200m easy jog [approx. half run time] plus 4x100m quicker accelerating strides	At Heath - 6.45 <i>perform these faster efforts at 3km pace</i>
8 Sept	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 <i>negative split@<math>\frac{1}{2}</math> Mar pace</i>
10 Sept	Tues	LT Tempo run	60 mins: to include ' <b>progressive 20:20:20</b> ' 20mins easy/20mins steady/20mins fast <i>Each 20min section to be performed as smooth progressive speeding up and not as a sudden surge of acceleration</i>	performing these efforts at the correct transition of easier/steady/fast even tempo efforts.
11 Sept	Weds	<b>RACE</b>	<b>Hatfield 5k Series (inc.Herts Vets Champs) [Race Full]</b>	<b>Hatfield ~ Race2</b>
12 Sept	Thurs	VO <sub>2</sub> Max	'Six of the Best' 6x600m at 3km pace (120 sec recovery) plus 5x300m at 3km pace (60sec recovery) <i>Focus on performing these faster efforts at the required pace</i>	At Heath - 6.45
15 Sept	Sun	Long Run progressive	<b>Harvest Trail (1/2 Marathon 13.1 or Qtr Mar 6.5miles or 80mins off road progressive run</b>	Royston
17 Sept	Tues	2 <sup>nd</sup> LR / Lactate-threshold workout	LR:-60mins incl. easy 10mins w/u & c/d ~ <b>Tues 'EVEN' tempo Pyramid; [4/8/10/8/4min] LT efforts @13.1m pace [1min slow run btn efforts]</b> <i>Focus on performing this faster effort at the required pace</i>	<u>Discipline</u> the pace at <u>target</u> $\frac{1}{2}$ Mar pace <i>objective is to keep even pace for all LT efforts</i>
20 Sept	Friday	VO <sub>2</sub> Max	<b>Autumn Fun</b> Long or Short options to suit all Long [5-8]x 800m @5km pace (60-120sec rec) Short [4-6]x 600m @5km pace (2-3min rec) Plus TEAM relay	Ridlins track, Stevenage 😊 <i>target objective: think volume of reps over pace</i>
22 Sept	Sun	Long Run	1hr-90mins XC run (include 3miles 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 <i>negative split@<math>\frac{1}{2}</math> Mar pace</i>
24 Sept	Tues	LT Tempo run/Long Hills	10min w/u plus any variety of longer hills [>1min] around Royston (jog btn <u>fartlek</u> efforts), w/d	<b>**focus on progressive pace throughout total interval.</b> <i>Objective: slow &amp; steady</i>
25 Sept	Weds	<b>RACE</b>	<b>Hatfield 5k Series (Race Full)</b>	<b>Hatfield ~ Race3</b>
26 Sept	Thurs	VO <sub>2</sub> Max +B/Speed	B2B: [4-6] x 1100m at 5km pace (90-180sec recovery) plus 4x125m accelerating strides	<b>**King James Car Park - 6.45</b>
29 Sept	Sun	Long Run	1hr-90mins XC run (include 4miles 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 <i>negative split@<math>\frac{1}{2}</math> Mar pace</i>

**\*\*\*Those advanced athletes to introduce weekly hill sessions on a Saturdays by alternating weekly shorter steeper hills (<90sec) ~ increasing average pace with undulating longer hills (120-360sec) ~ increasing time, with high tempo time trial 2-3\*12mins or 18,9,6min runs or PARKRUNS and fast strides and a rest week balanced around the overall programme BUT do remember to add EASY recovery days too \*\***

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

Men's Weekend Away - Alternative Programme (Llangollen, Wales)

5 Sept	Thurs	VO <sub>2</sub> Max	Easy 15min warm up run plus speedwork session [2x[5]x500m @3k pace [200m jog recovery(90sec)/3mins slow after 5 reps] plus easier 15min warm down
6 Sept	Fri	2 <sup>nd</sup> Long Run	7-8miles easy-steady (am) walk (pm) plus optional 3-4miles (pm)
7 Sept	Sat	RACE	WREXHAM PARK RUN - 5km (am) / Long Walk (pm)
8 Sept	Sun	Long run	up to 13miles Easy/steady off road/road group run

From October through to February, the club's main focus shifts from the Midweek League Competition (MWL) to Cross Country (XC). We participate in the Sunday Cross Country League and support additional races e.g. County Championship and Veteran races. There is only one mandatory pre-requisite in participating in any cross country race - You must wear your club vest.

**Previous experience of Cross Country?**

Many of our members probably have not run cross country since school. For some, not a happy memory. Other members may view Cross Country as exclusive to the 'elite' and fear their ability would hinder or embarrass themselves. Instantly, future participation is labelled with resistance and negativity.

Fear not, today, the **Sunday Cross Country League is a friendly supportive environment**, catering for all abilities from the 'elite' to those just wishing to complete the course, with age groups ranging from senior men and women right through to Men's Vet70 and Women's Vet65. Points are awarded at every fixture on a team basis, and individually per age group. Over the course of the league it is possible for a beginner or an intermediate runner who commits to running 4 or more league races to beat a quicker or more experienced runner of the same age group who runs less than 4 races.

**Everyone, regardless of age or ability, can participate, have the optimistic potential to progress, achieve personal goals and more importantly enjoy themselves with in a friendly club environment. As a club we actively encourage our members to take part in these races, nobody should feel they are not good enough to represent our club.**

Every race you run, you accumulate points not just for the individual age group competition, but more importantly, regardless of your capability, your effort and commitment are exclusively and unselfishly contributing to a team objective. Back yourself, believe in your ability and support your team mates at the start, during and at the race finish.

**What are the benefits of Cross Country?**

All races are held off road, so there is absolutely no danger or interruption from traffic intervention.

The major physical benefits of cross country races or even just running off road are associated with power, core strength and stamina. There is a symbiotic relationship between all 3.

By running over softer surfaces, or through long grass makes you work harder than running on pavements or asphalt as you have to lift your ankle higher or power through the running surface. The increase in effort not only burns more calories but requires more muscular effort. An indicator of a tired runner or a runner with inefficient muscle development is the dragging or grazing of feet across the running surface, which unless rectified, the runner will potentially trip up resulting in potential injury. The development of these muscles will produce power and alleviate potential incidents caused by poor muscular development.

As more effort is required over the uneven undulating terrain in contrast to road running, your stamina will improve.

As cross country is conducted over rough or uneven surfaces, you are forced to keep your balance which means engaging your core muscles. The development of core strength through cross country or other exercises will help to keep your body upright and strong, preventing sagging, making your running more efficient.

A further benefit of cross country is that you are running over softer surfaces and not pounding the pavements. Yes, there is a school of thought that says there is a greater risk of twisting an ankle off road, but the threat is no worse than tripping off a pavement kerb or in a pothole. Uneven terrain does help develop foot and ankle strength. If you do not warm up and condition your body properly before a race, the threat of potential injury is just the same regardless whether it's on road or cross country.

Improvements in power, strength and stamina through continuous participation in the Sunday Cross Country League will reap rewards when you return to road running in the Spring. Many are fearful of the timing of the Cross Country season within a typical spring marathon training programme and dismiss cross country in preference to focussing on distance based training. **Cross country can successfully be included in a marathon training programme, reaping the rewards of cross country running whilst fitting in distance runs between the races.** Many RR's married up cross country races within their marathon training programme and went on to run some fantastic PBs!

### **What is the Sunday Cross Country League?**

Presently, Royston Runners participate in the Sunday Cross Country League. **We are the current overall XC Champions** and have always taken pride in our performances and TEAM spirit, carrying the club to great success against lots of Hertfordshire's and north London's strongest clubs.

### **Where and what time do the Sunday Cross Country League races take place?**

**Currently all Sunday Cross Country League races take place locally on a Sunday at 10.30am, once a month, from October to February.**

Typically, the season has started at Cheshunt, a beginner friendly course with the remaining 4 races being located at any of the following locations:

Surfaces can vary between parkland, bridal, grass and shingle paths, farmlands, woodland and fields, all varying in gradient, but definitely no road running.

Weather conditions before a race can radically alter the surface. Periods of rain can turn dry parkland, muddy and soft or prologued periods of frosty icy weather can make previously muddy soft conditions, hard and fast surfaces. Each venue's terrain is different:

**Cheshunt:** Parkland with long up and down hill grassy drags and bridal paths.

**Trent Park:** Mixture of grassy parkland, woodland with a mixture of slopes.

**Stevenage:** Flat parkland with long up through wooded section on paths.

**Cassiobury Park (Watford):** Majority through woodland slopes, but starting and finishing in parkland.

**Royston:** Toughest with steep hills (never muddy), and what goes up must come down!

## Circuit Training ~ KO 8th September

**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.

fees go towards 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 [also acts really well as a warm-up]

