



TRAINING PROGRAMME (March 2020)

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|--------|-------|---------------------------------------|---|---|
| 01 Mar | Sun | RACE / Long Run | Cambridge Boundary HM or <90min+ Longer progressive run [include 3miles of quicker progressive pace towards end of run] <i>** each week build a negative split running to this LR</i> | Cambridge |
| 03 Mar | Tues | LT intervals | 60mins to include [6x6min] Tempo efforts with [2min jog] ~ 6min w/u & c/d <i>** N>B 15-25secs faster than Mar Pace = LT tempo pace</i> | Discipline the pace at <u>target 10mile pace</u> |
| 05 Mar | Thurs | VO ₂ Max | Short tempo run followed by [6-12] x 400m ~ run as hard efforts with full recovery of run time plus fast strides (@ 3k-5k race pace) or <i>Easy short run for those racing at weekend (4-5miles)</i> | At King James Way - 6.45 |
| 08 Mar | Sun | RACE / Long Run / Race | Cambridge Half Marathon Herts & Middx. Masters Cross Country Champs Thetford Trails Half Marathon or <90min+ Longer progressive run | Cambridge WGC Thetford |
| 10 Mar | Tues | 2 nd Long Run / tempo reps | 60-70 mins:- As easy as 1,2,3 [1x12min@10m pace/2x6min@10k/3x3min@10k] [2min easier running bwn efforts] total of <u>33mins</u> harder work with rolling easier runs between plus 10mins easy w/u & c/d <i>easier shorter boundary recovery for those that raced</i> | Ensure these faster runs at appropriate 10m-10km speed and recoveries are a rolling easy run thru |
| 12 Mar | Thurs | VO ₂ Max | [5-8]x800m at 10k pace (90sec-120sec recovery) plus [5-8]x80m accelerating strides <i>Focus on performing these faster efforts at the required pace</i> | At King James Way - 6.45 |
| 15 Mar | Sun | Long Run | <90min Longer easier recovery run [between harder weeks workloads) | |
| 17 Mar | Tues | Lactate-threshold workout LT interval | 60mins steady incl. [4x10min reps] @target Half Marathon pace ~ 4mins slow run between reps ~ steady 6mins warm up & 6mins c/d | Discipline the pace at <u>target ½ Mar pace</u> |
| 19 Mar | Thurs | VO ₂ Max | Pyramid session:600>800>1000>1200>1000>800>600 | At King James Way - 6.45 4800m or 6000m @5k |
| 22Mar | Sun | Long Run | <90min Longer progressive run [include 3miles of quicker progressive pace towards end of run) <i>** each week build a negative split running to this LR</i> | |
| 24 Mar | Tues | LT intervals | 60mins to include [6x6min] Tempo efforts with [2min jog] ~ 6min w/u & c/d <i>** N>B 15-25secs faster than Mar Pace = LT tempo pace</i> | Discipline the pace at <u>target 10mile pace</u> |
| 26 Mar | Thurs | VO ₂ Max | 3-5x[800m/400m]-@5km/3k pace (90sec rec) focus on quicker split pace on shorter 400m. <i>Focus on performing these faster efforts at the required pace</i> | King James Car Park -6.45 progressively faster from 5km-3km pace |
| 29 Mar | Sun | Long Run / | 1hr 10min off road quicker progressive run [look at negative splits on second half of run) | Build that pace confidence |

Supplement these sessions with easy/steady 35-45 min [RECOVERY](#) runs, cross or circuit training, faster leg speed drills and lots of stretching

In the (highly unlikely!) event of any snow over the next few weeks and likely snowy / icy slippery road / footpath conditions Thursday's **SPEEDWORK session will still go ahead** but reverting to the seasonal favourite of '**ODDS & EVENS**' at King James Junior school site on the SNOW!!! more details t/f on the Nite as necessary. Still meet at 6.45pm at King James Car Park.

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

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

High tempo Cross Country time trials 10-25min runs should be sensibly built into at least a monthly programme (race fitness tests). Balance the inclusion of **ALL** these above sessions within the priorities of the monthly schedule and 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!!**



Circuit Training

When: Monday evenings at 6.15pm - 7.15pm

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

Where: King James Academy, Garden Walk How much? £3

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.

Enjoy the delights of the CORE blast / LEG Burn / BURPEE Bash / ARMageddon