



## TRAINING PROGRAMME (September 2020)

1 Sept	Tues	2 <sup>nd</sup> LR / Tempo workout	LR: 60mins to include tempo efforts <b>2x4mins/2x3min/2x2min/2x1min/2x30sec [all 1 min]</b> Easy 15mins w/u and 15mins c/d with session sandwiched between. <i>Focus on performing this faster effort at the required pace</i>	Royston Heath @Grp Mtg Pt  Note: Tempo effort 25-30secs slower per mile than 5k race pace
3 Sept	Thurs	VO <sub>2</sub> Max + Basic Speed	<b>Back to Basics (B2B); [3-4sets]x[3x400m]</b> at 3km pace, recovery as equal time / 200m easy jog with double run time between sets plus 4x100m quicker accelerating strides to finish easy c/d	Royston Virtual Run  <b>#RunAloneTogether</b>
6 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 negative split@ $\frac{1}{2}$ Mar pace
8 Sept	Tues	LT Tempo run / TT	60mins: 20/20/20 to include <b>20min effort</b> 20mins easy/ <b>20mins faster</b> /20mins easy	Royston Heath @Grp Mtg Pt  <b>#RunAloneTogether</b>
10 Sept	Thurs	VO <sub>2</sub> Max	'Six of the Best' <b>6x600m</b> at <b>3km</b> pace (120 sec recovery) plus 5x300m at <b>3km</b> pace (60sec rec) <i>Focus on performing these faster efforts at the required pace</i>	Royston Virtual Run  <b>#RunAloneTogether</b>
13 Sept	Sun	Long Run	1hr-90mins XC hilly 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 negative split@ $\frac{1}{2}$ Mar pace
15 Sept	Tues	2 <sup>nd</sup> LR / Lactate-threshold workout	LR:-60mins incl. easy 10mins w/u & c/d ~ <b>Tues 'EVEN' tempo Pyramid; [4/8/4/8/4min] LT efforts @13.1m pace [2min slow run btn efforts]</b> <i>Focus on performing this faster effort at the required pace</i>	Royston Heath @Grp Mtg Pt
17 Sept	Thurs	VO <sub>2</sub> Max	<b>Back to Basics (B2B); [1-2sets]x[3x800m]</b> at 5km pace, recovery as half run time / 400m easy jog with equal run time between sets plus 2x200m quicker accelerating strides to finish easy c/d	Royston Virtual Run  <b>#RunAloneTogether</b>
20 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 negative split@ $\frac{1}{2}$ Mar pace
22 Sept	Tues	Lactate-threshold workout LT interval	Countdown: Easier 30-45mins shorter run to include <b>5&gt;4&gt;3&gt;2&gt;1 mins</b> of Vo <sub>2</sub> harder efforts @3km pace [easy rolling half effort recoveries]	Royston Heath @Grp Mtg Pt  keep overall run on flatter terrain
24 Sept	Thurs	VO <sub>2</sub> Max (short Hills)	<b>HILL session:</b> 9-12 short/medium/long hills 2-3 sets of (3:2:1 Hill) or (3:3:2:2:1:1 Hill) jog recovery + a few accelerating strides t/f	Royston Virtual Run  <b>#RunAloneTogether</b>
27 Sept	Sun	Long Run / recovery	1hr-90mins recovery run (keep pace steadier to aid recovery between weeks harder training)	Long Run / recovery
29 Sept	Tues	Lactate-threshold workout LT interval	<b>Tempo Tues [3-5]x6min mixed tempo efforts</b> ran as 5min@10mile/1min jog/1min@10k/1min jog 10min progressive w/u + tempo efforts with 10min c/d tempo efforts as 10mile-10km pace	Royston Heath @Grp Mtg Pt Focus on performing these efforts at the correct 10mile and enhanced 10k even tempo efforts.

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