



TRAINING PROGRAMME (October 2020)

1 Oct	Thurs	VO ₂ Max	Back to Basics (B2B): [1-2sets]x[3x800m] @5km pace, recovery as 90sec-2mins very easy jog /3-4mins between sets plus 4x100m quicker accelerating strides to finish [100m walk between] easy c/d	Twigdens or Industrial Estate for those Bookwhen bookings #RunAloneTogether
4 Oct	Sun	Long Run	1hr-90mins XC run [as 20:20:20 or 30:30:30mins] easier long run with middle section at increased pace ** each week incorporate a negative split running to this LR	increase the endurance slowly week by week negative split@ $\frac{1}{2}$ Mar pace
6 Oct	Tues	2 nd LR / LT intervals	Tues Tempo efforts ~ Five Alive! 60mins to include 6x5min efforts@10m pace with 2min jog in between efforts. 10min w/u-c/d	Discipline the pace at <u>target 10mile</u>
8 Oct	Thurs	VO ₂ Max	Pyramid session:600>800>1000>1200>1000>800>600 active 200m jog btwn efforts <i>or alternative shorter option offered on the nite</i>	Twigdens or Industrial Estate for those Bookwhen bookings 4800m or 6000m @5k
11 Oct	Sun	Long Run	1hr-90mins XC run [as 20:20:20+ or 30:30:30mins] easier long run with middle section at increased pace ** each week incorporate a negative split running to this LR	increase the endurance slowly week by week negative split@ $\frac{1}{2}$ Mar pace
13 Oct	Tues	LT Tempo run	60mins to incl. [1-2-3/1min slow btn efforts] x 4 longer grp w/u & c/d of 12mins easy/steady run	Total of 24mins faster controlled efforts@10m
15 Oct	Thurs	VO ₂ Max	3-5x[800m/400m]-@5km/3kmpace [90sec rec] focus on quicker split pace on shorter 400m. <i>Focus on performing these faster efforts at the required pace</i>	Twigdens or Industrial Estate for those Bookwhen bookings from 5km-3km pace
18 Oct	Sun	Long Run	1hr-90mins XC run [as 20:20:20+ or 30:30:30mins] easier long run with last section at increased pace ** each week incorporate a negative split running to this LR	increase the endurance slowly week by week negative split@ $\frac{1}{2}$ Mar pace
20 Oct	Tues	2 nd Long Run / strides	45-60mins Boundary recovery run. An easier longer grp plus optional 4x200m strides (walk recovery)	** sociable 5D group run to include some controlled strides.
22 Oct	Thurs	VO ₂ Max	(B2B): 3-5x1000m @5k race pace [2mins rec] focus on even pacing throughout all reps plus 3-5 x100m controlled strides working on form	Twigdens or Industrial Estate for those Bookwhen bookings #RunAloneTogether
25 Oct	Sun	Long Run / recovery	Upto 90mins off road run (steady <u>recovery</u> pace)	keep pace slower allowing for transition between harder workloads
27 Oct	Tues	LT Tempo run	60 mins: to include ' progressive 20:20:20 ' 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> A chance to set benchmark Time Trial /5km	**focus on <u>progressive</u> pace throughout pacier interval but no quicker than 10km race pace.
29 Oct	Thurs	VO ₂ Max	Short 3k tempo run followed by [6-12] x 400m ~ run as hard controlled efforts with full recovery of run time (@ 3k-5k race pace)	Twigdens or Industrial Estate for those Bookwhen bookings #RunAloneTogether

Enjoy your Running and SMILE ☐ ☐*Supplement these sessions with easy/steady 35-45 min recovery runs, **HOME WORKOUTS** of either HIIT, cross or circuit training, faster leg speed drills and lots of stretching*

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