



TRAINING PROGRAMME (November 2020)

1 Nov	Sun	Long Run	1hr-90mins XC hilly run (include 2miles of quicker pace towards end of run) <i>** each week build a negative split running this LR</i>	increase the endurance slowly week by week negative split@ $\frac{1}{2}$ Mar pace
3 Nov	Tues	2 nd LR / LT intervals	60mins: short w/u 5mins plus 'ROCKET' [4-5]-6 x Mile Lactic Threshold intervals [90sec active recovery btwn efforts] short c/d <i>** NB 15-25secs faster than Mar Pace = LT tempo pace</i>	Discipline the pace at target $\frac{1}{2}$ Mar pace #RunAloneTogether
5 Nov	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>	#RunAloneTogether
8 Nov	Sun	Long Run	1hr-90mins XC run (include 3miles of quicker progressive pace towards end of run) <i>** each week build a negative split running to this LR</i>	increase the endurance slowly week by week negative split@ $\frac{1}{2}$ Mar pace
10 Nov	Tues	LT interval 2 nd LR / Tempo Run	60mins to incl. 10mins (Mar pace) 5mins easy 8mins (1/2 Mar pace) 4mins easy 6mins (10k pace) 3mins easy 4mins (5k pace) 2mins easy 2mins (3k pace)	Focus on performing the <u>correct</u> pace per set pace for each tempo effort #RunAloneTogether
12 Nov	Thurs	VO ₂ Max	(B2B)#Progress; [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	#RunAloneTogether
15 Nov	Sun	Long Run / recovery	Upto 90mins off road run (steady <u>recovery</u> pace)	keep pace slower allowing for transition between harder workloads
17 Nov	Tues	Longer Hills / Tempo / 2 nd LR	20:20:20 Gentle 20mins w/u plus a 20mins on number of varied longer hill efforts , either repeated circuits or varied rolling hill efforts, ensuring inclines worked harder, 20mins c/d	#RunAloneTogether
19 Nov	Thurs	VO ₂ Max	Mix&Match 2>4>6> [200/400/600] x 2/3sets (1/2/3mins recovery) <i>Performed as 200/400/600 600/400/200 200/400/600</i>	#RunAloneTogether
22 Nov	Sun	Long Run	1hr-90mins XC hilly run (include 2miles of quicker pace towards end of run) <i>** each week build a negative split running this LR</i>	increase the endurance slowly week by week negative split@ $\frac{1}{2}$ Mar pace
24 Nov	Tues	Tempo run / VO ₂ efforts	60mins to incl. easier longer w/u of 13mins plus 33mins [2min fast:1min slow active] plus 15min easy c/d	
26 Nov	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>	#RunAloneTogether
29 Nov	Sun	Long Run	60-70mins HARDish progressive run	To be run at a good tempo

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*