



TRAINING PROGRAMME (January 2021)

5 Jan	Tues	2 nd LR / LT intervals	Lockdown even LT Ladder ~ 60mins to include [2,4.6,8min efforts@10m pace/60sec] with 60sec-2min jog in btwn efforts. 15min w/u & c/d	Discipline the pace at <u>target 10mile</u> #RunAloneTogether
7 Jan	Thurs	VO ₂ Max	Lockdown Lampposts shuttles 2-3 sets of 100>150>200>250>300> Slow run back recovery after each short shuttle Keeping runs fast but <u>controlled</u>	#RunAloneTogether Tip: harder than you think so warm to the task ahead
10 Jan	Sun	Long Run / recovery	upto 90mins+ off road run (steady <u>rec</u> pace)	Focus on building endurance slowly by adding 10% weekly
12 Jan	Tues	LT interval + Tempo efforts	Lockdown Long 'sandwich' LT session: 10min w/u + 4mins/10mins/10mins/4mins 2mins@slow pace btn efforts/10min c/d. <i>** N>B 15-25secs faster than Mar Pace = LT tempo pace</i>	Tempo efforts to be performed at $\frac{1}{2}$ Mar pace
14 Jan	Thurs	VO ₂ Max	Lockdown Long Hills - 6-9 rolling hills sets >60sec+ variety of hills or extended loops on single hill; run hard on hills with easier run recoveries	#RunAloneTogether
17 Jan	Sun	Long Run / recovery	upto 90mins+ off road run (steady <u>rec</u> pace)	Focus on building endurance slowly by adding 10% weekly
19 Jan	Tues	LT Tempo efforts	Lockdown Stepped LT Sandwich 1/2/3/4mins 60mins: 6mins w/u + 1/2/3/4mins LT reps <u>all</u> with 1min slower rec/ 5mins easy/10mins LT tempo/5mins easy/1/2/3/4mins LT reps@1min rec/ 6mins c/d	Discipline the pace at <u>target $\frac{1}{2}$ Mar pace</u> #RunAloneTogether
21 Jan	Thurs	VO ₂ Max	(B2B)#Progress: [1-2sets]x[400/800/800/400] @5km pace, recovery as 60sec90sec very easy jog /3-4mins between sets plus 2x200m accelerating strides to finish [90sec between] easy c/d	#RunAloneTogether #lookingforprogress
24 Jan	Sun	Long Run / recovery	upto 90mins+ off road run (steady <u>rec</u> pace)	Focus on building endurance slowly by adding 10% weekly
26 Jan	Tues	LT interval 2 nd LR / Tempo	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	Focus on performing the <u>correct</u> pace per set pace for each tempo effort
28 Jan	Thurs	VO ₂ Max	Lockdown Loose Mix&Match 3>6>9> [300/600/900] x 2/3sets (1/2/3mins recovery) <i>Performed as 300/600/900 900/600/300 300/600/900</i>	#RunAloneTogether
31 Jan	Sun	Long Run / recovery	upto 90mins+ off road run (steady <u>rec</u> pace)	Focus on building endurance slowly by adding 10% weekly

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 event of any possible snow over the next few weeks and therefore likely snowy / icy conditions Thursday's prescribed **SPEEDWORK session can still be performed** but reverting to the seasonal favourite of '**ODDS & EVENS**' shuttle efforts on the SNOW!!!

What to do on a Saturday?? Why not try a not-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!!

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Developing runners are encouraged to slowly build an aerobic base by increasing mileage and/or adding a further run per week to their existing training - learn to run very easy on recovery days and hard on quicker sessions however listen to your body and avoid illness and injury!!

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For beginners set your own individual short, medium and longer term goals - YOU CAN DO IT !!!

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Coaching Corner

Having a running goal, however big or small, can help you to keep focused and motivated. Your running goals can be ambitious or otherwise, but they should remain personal to you and relevant to your own training targets. Whether you're setting out to be able to run a set distance or are planning on entering your first race, as you progress through your goals, you will find that your motivation and enjoyment increase.

Choosing your running goals

The acronym 'SMART' is the best way of remembering the criteria for choosing running goals.

S = Specific. Make your running goals precise, so rather than saying you want to run further, why not say you want to be able to complete a 3km run inside 20 minutes by the end of the month.

M = Measurable. You need to be able to prove that your running target has been reached. Don't guess when you've reached your goal, but monitor your improvement with a stopwatch, GPS unit or equivalent.

A = Achievable. Your running goals must be able to be achievable. Don't set something that you're not going to be able to achieve because that will be demoralising. Running in your local half marathon would be an achievable goal, while a top 20 finish in that race may not.

R = Realistic. Have some common sense when setting goals. Setting a target of improving your half marathon time by an hour this year is an extremely difficult target. However, a goal of improving your half marathon run time by minutes is likely to be more realistic.

T = Time-related. Make your goal time-related because you can then create a deadline to work towards. 'When I run this event next year, I want to improve my time by 20 minutes' is a good time-related goal.

Run non-stop

Running continuously for a short distance doesn't come as easily to some as it does to others, so setting yourself the goal of running non-stop over whatever distance you feel is a suitably challenging is a good way to start. This could be as simple as running to the end of the street, once around your local park, or even a distance of several kilometres. Whatever distance you choose, build up gradually and reward yourself when you reach your target, and then set another one.

Run regularly

Regular running for beginners means getting out at least twice a week. It is better to run twice a week every week, than to run half a dozen times one week and then do no running for the next three weeks. By getting some continuity in your run training, your running will improve as your body adapts to the consistent training stimulus.

Aim for specific running distances

Ask any runner who has been at it a number of years and they will probably all be able to remember when they first ran specific distances, be it one kilometre, 10km, or even a marathon. The time is often immaterial to them at first; covering the distance is what counted. Record your distance goals over time, so that you can see your progression.

Lose weight through running

Your running goal doesn't necessarily have to be about a specific running target. Many people take up running to lose weight. Like when setting distances to run, you should set a safe amount of weight to aim at losing each week. This should be approximately 1kg (2.2 lbs). You can then calculate how long it should take you to reach your weight loss goal and monitor this week by week.

Enjoy your running

This may sound like an unusual goal, but for some people running can be a means of weight management only rather than running for enjoyment. Running can offer so much more, from an opportunity to get away from it all, to the achievement of finishing an event that you've trained months for. To get the most out of your running, mix up your training and try different routes, terrains, and events.

Run a personal best

Everyone, regardless of their competitiveness, likes to see improvements, and setting a personal best time at a race, or even in training, is a huge motivator. To help you achieve this, follow a structured training plan that includes race specific speed-work.

Run for charity

Many people enter a race specifically because they want to raise money for a cause that means something to them personally. By choosing a charity that has a special meaning to you will make the fundraising easier because sponsors will see your passion and understand the reasons why you are raising money for that organisation.

Keep on running

For many runners, particularly if they are not very competitive, the goal of being able to continue to run long-term is an excellent motivator. To stay injury-free will require lots of preparation including maintaining correct nutrition and hydration, working on flexibility, doing resistance training, having sports massages, and taking appropriate rest.

Perform at your very best

The more competitive of you out there will want to do this. To achieve this goal you have to be extremely dedicated and prepared to make running a focal point by fitting in consistent, quality training over a long period.

Go for it!

With a top ten like that, there should be no shortage of motivation when you next lace up your trainers. Give yourself some goals to aim for. Whatever you choose, your running experience will be increasing all the time as will the distance in your legs.

