



## TRAINING PROGRAMME (February 2021)

|        |       |   |  |  |
|--------|-------|---|--|--|
| 2 Feb  | Tues  | 2 <sup>nd</sup> LR / LT intervals         | <b>Lockdown odd LT Ladder ~ 60mins to include [3,5.7,9min efforts@10m pace/90sec]</b> with 90sec-3min jog in btwn efforts. 15min w/u & c/d   | Discipline the pace at <u>target 10mile</u><br><br><b>#RunAloneTogether</b>                            |
| 4 Feb  | Thurs | VO <sub>2</sub> Max                       | <b>Lockdown Lampposts shuttles</b><br>2-3 sets of 100>150>200>250>300><br>Slow run back recovery after each short shuttle<br>Keeping runs fast but <u>controlled</u>   | <b>#RunAloneTogether</b><br><br>Tip: harder than you think so warm to the task ahead                   |
| 7 Feb  | Sun   | Long Run / recovery                       | upto 90mins+ off road run (steady <u>rec</u> pace)   | Focus on building endurance slowly by adding 10% weekly  |
| 9 Feb  | Tues  | LT interval + Tempo efforts               | Lockdown 'sandwich + <u>optional</u> sauce!' LT session:<br>10min w/u + <b>3mins/9mins/6mins/9mins/3mins</b><br><b>2mins@slow</b> float pace btn efforts/10min c/d.<br>** N>B 15-25secs faster than Mar Pace = LT tempo pace | Tempo efforts to be performed at $\frac{1}{2}$ Mar pace  |
| 11 Feb | Thurs | VO <sub>2</sub> Max<br>[controlled]       | <b>Lockdown Quarters Short tempo-2k plus</b><br>6-10x 400m@3k pace [rest matched to rep time]<br>perform as 2sets focus on quicker pace on these shorter reps.   | <b>#RunAloneTogether</b>   |
| 14 Feb | Sun   | Long Run / recovery                       | upto 90mins+ off road run (steady <u>rec</u> pace)   | Focus on building endurance slowly by adding 10% weekly  |
| 16 Feb | Tues  | LT Tempo efforts                          | <b>Lockdown Stepped LT Sandwich 1/2/3/4mins</b><br>60mins: 6mins w/u + 1/2/3/4mins LT reps <u>all</u> with 1min slower rec/ <b>5mins easy/10mins LT tempo/5mins easy/1/2/3/4mins</b> LT reps@1min rec/ 6mins c/d             | Discipline the pace at <u>target <math>\frac{1}{2}</math> Mar pace</u><br><br><b>#RunAloneTogether</b> |
| 18 Feb | Thurs | VO <sub>2</sub> Max                       | <b>Lockdown Long Hills</b> - 6-9 rolling hills sets >60sec+ variety of hills or extended loops on single hill; run hard on hills with easier run recoveries  | <b>#RunAloneTogether</b><br><br><b>#lookingforprogress</b>   |
| 21 Feb | Sun   | Long Run / recovery                       | upto 90mins+ off road run (steady <u>rec</u> pace)   | Focus on building endurance slowly by adding 10% weekly  |
| 23 Feb | Tues  | LT interval<br>2 <sup>nd</sup> LR / Tempo | 60mins to incl. <b>10mins</b> (Mar pace) 5mins easy <b>8mins</b> ( $\frac{1}{2}$ Mar pace) 4mins easy <b>6mins</b> (10k pace) 3mins easy <b>4mins</b> (5k pace) 2mins easy <b>2mins@3k</b>                                   | Focus on performing the <u>correct</u> pace per set pace for each tempo effort                         |
| 25 Feb | Thurs | VO <sub>2</sub> Max                       | <b>(B2B)#Progress; [1-2sets]x[400/800/800/400]</b><br>@5km pace, recovery as 60sec90sec very easy jog /3-4mins between sets plus 2x200m accelerating strides to finish [90sec between] easy c/d                              | <b>#RunAloneTogether</b><br><br><b>#lookingforprogress</b>   |
| 28 Feb | 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!!!