



TRAINING PROGRAMME (February 2021)

2 Feb	Tues	2 nd LR / LT intervals	Lockdown odd LT Ladder ~ 60mins to include [3,5.7,9min efforts@10m pace/90sec] with 90sec-3min jog in btwn efforts. 15min w/u & c/d	Discipline the pace at <u>target 10mile</u> #RunAloneTogether
4 Feb	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
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: 10min w/u + 3mins/9mins/6mins/9mins/3mins 2mins@slow float pace btn efforts/10min c/d. ** 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 ₂ Max [controlled]	Lockdown Quarters Short tempo-2k plus 6-10x 400m@3k pace [rest matched to rep time] perform as 2sets focus on quicker pace on these shorter reps.	#RunAloneTogether
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	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
18 Feb	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 #lookingforprogress
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 2 nd LR / Tempo	60mins to incl. 10mins (Mar pace) 5mins easy 8mins ($\frac{1}{2}$ 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
25 Feb	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
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!!!