



TRAINING PROGRAMME (Aug 2021)

3 Aug	Tues	Lactate-threshold workout LT interval	Tempo Tues [3-5]x6min mixed tempo efforts ran as 5min@10mile/1min jog/1min@10k/1min jog 10min progressive w/u + tempo efforts with 10min c/d tempo efforts as 10mile-10km pace	Focus on performing these efforts at the correct 10mile and enhanced 10k even tempo efforts.
5 Aug	Thurs	LT reps / VO ₂ Max	5-6 x 1km (1 laps) @5k pace [5k-6km in total] ~ slow 60-120 sec <u>jog</u> recovery btwn reps or 1:1:2x0.5 [3.5k total] plus 4x150m strides ~performed around the perimeter of school field	Controlled hard efforts at 5k pace #discipline Check pace charts [see below]
8 Aug	Sun	Long Run / recovery	1hr-90mins recovery run (keep pace steadier to aid recovery between weeks harder training)	
10 Aug	Tues	2 nd Long Run / VO ₂ max	60-70 mins:- As easy as 1,2,3 [1x12min@13.1m pace/2x6min@10mile/3x3min@10k] [2min easier running bwn efforts] total of <u>33mins</u> harder work with rolling easier runs between plus 8mins easy w/u & c/d	Ensure these faster runs at appropriate $\frac{1}{2}$ Mar- 10km speed and ensure recoveries are a rolling slower <u>easier</u> run
12 Aug	Thurs	VO ₂ Max (short Hills)	HILL session : 9-12 short/medium/long hills 2-3 sets of (3:2:1 Hill) or [3:2:1 Hill + 2:1] slow jog recovery + a few accelerating strides t/f	Royston Heath -6.45
15 Aug	Sun	Long Run / recovery	1hr-90mins recovery run (keep pace steadier to aid recovery between weeks harder training)	
17 Aug	Tues	LR/Basic speed	45mins <u>hilly</u> steady run plus 4x200m progressive fastish strides (increasing to 80% effort ~ walk back recovery)	2nd LR /Basic speed
20 Aug	Friday	VO ₂ Max	Summer TRACK FUN 4-5 x (800m/400m) @5k/3k pace ~ [4.8km-6km] 4 x (700m/400m) @5k/3k pace ~ [4.4km in Total] 2 x (4 x 400m) @5k pace [3.2km in Total] All above with 90-120sec//3-4min btwn reps/sets Short TEAM RELAY to finish	RR TRACK AWAY DAY ~ Ridlins Track, Stevenage Focus on even efforts throughout [5k>>>3k progressive]
22 Aug	Sun	Long Run / recovery	60-90mins off road progressive run note: keep majority of run easier with an increased tempo middle section - easier backend	30:30:30mins (easy/tempo/easy)
24 Aug	Tues	Lactate-threshold workout LT interval	60mins steady incl. [4x8min reps] @target 10mile pace ~ 4mins slow run between reps ~ steady 6mins warm up & 6mins c/d	Discipline the pace at <u>target 10m pace</u>
26 Aug	Thurs	VO ₂ Max	2 x [6-8 x 400m] @5km [6000m] 2 x [7 x 300m] @5km [4200m] 2 x [4 x 200m] @5km [3200m] All above with 90sec/3min btwn reps/sets	Controlled hard efforts at 5k pace #discipline Check pace charts [see below]
29 Aug	Sun	Long Run / recovery	1hr-90mins recovery run (keep pace steadier to aid recovery between weeks harder training)	

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

What to do on a Saturday??

****Those keener and/or advanced athletes to undertake a high tempo time trial, park runs or extended reps at 10k race pace or quicker 3k-5k pacing blocks over shorter distances either a regular 5km parkrun, longer 10k pace reps of 2x[10min/5min blocks/rolling recovery of 5min&3min] or 3k-5k pyramid session of 1,2,3,4,5,6,5,4,3,2,1min incorporated into the weekly cycle. Maybe even try an easier run including an element of a leg speed session (see above for ideas) OR a complete rest day balanced around your own personal programme and abilities****

TIP: Always follow vigorous exercise on one day with a rest day or a recovery run. Even if you do feel fantastic the day after a hard run, temper yourself. If you don't do that, you will struggle the following day, or worse, become injured. Stress on top of rest equals improvement, but stress on top of stress equals breakdown.

RUNNING ON HOLIDAY - 10 TIPS FOR STICKING TO YOUR SCHEDULE

If you're heading off on holiday it could be a great opportunity to run somewhere new. Here are some tips for running through your holiday and keeping your fitness levels high...

Set a goal - and then reduce it

You're on holiday, so why not scale it back a bit? Take your normal running schedule and reduce it a bit with either shorter runs or by having more rest days.

Combine it with sightseeing

If you're in a new place, running can be a great way to see the sights. Use online mapping tools to check out what's nearby and see the sights on foot. Make sure you take your phone with you - you can take a few photos to share with your friends and track your run using the

Try different types of running

If you're in a mountainous country, you can pull on some trail running shoes and go off-road. Beaches and dunes are great too and provide an opportunity to mix up your training and strengthen different muscles.

Run in the morning

In hot countries, the morning is the coolest time of the day. You can run more comfortably and it's safer too. You can get out before the day really begins and be back in time for breakfast - why not reward yourself with a few of the local delicacies?

Go running on treadmills

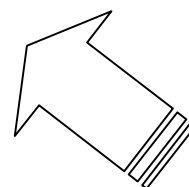
If you're heading to a warmer destination, going indoors can be the solution. A lot of hotels have gyms, so running on the treadmills can be a good alternative to the hot outdoors.

Pace chart for 400 meters to 10km

400M	500M	600M	800M	1000M	1200M	1600M	3KM	5KM	5Miles	10Km
56.00	70.00	84.00	1.52	2.20	2.48	3.44				
58.00	72.50	87.00	1.56	2.25	2.54	3.52	7.15			
60.00	75.00	90.00	2.00	2.30	3.00	4.00	7.30	12.30		
62.00	77.50	93.00	2.04	2.35	3.06	4.08	7.45	12.55	20.47	25.50
64.00	80.00	96.00	2.08	2.40	3.12	4.16	8.00	13.20	21.27	26.40
66.00	82.50	99.00	2.12	2.45	3.18	4.24	8.15	13.45	22.07	27.30
68.00	85.00	1.42	2.16	2.50	3.24	4.32	8.30	14.10	22.47	28.20
70.00	87.50	1.45	2.20	2.55	3.30	4.40	8.45	14.35	23.27	29.10
72.00	90.00	1.48	2.24	3.00	3.36	4.48	9.00	15.00	24.07	30.00
74.00	92.50	1.51	2.28	3.05	3.42	4.56	9.15	15.25	24.47	30.50
76.00	95.00	1.54	2.32	3.10	3.48	5.04	9.30	15.50	25.27	31.40
78.00	97.50	1.57	2.36	3.15	3.54	5.12	9.45	16.15	26.07	32.30
80.00	1.43	2.00	2.40	3.20	4.00	5.20	10.00	16.40	26.47	33.20
82.00	1.45	2.03	2.44	3.25	4.06	5.28	10.15	17.05	27.27	34.10
84.00	1.48	2.06	2.48	3.30	4.12	5.36	10.30	17.30	28.07	35.00
86.00	1.50	2.09	2.52	3.35	4.18	5.44	10.45	17.55	28.47	35.50
88.00	1.53	2.12	2.56	3.40	4.24	5.52	11.00	18.20	29.27	36.40
90.00	1.55	2.15	3.00	3.45	4.30	6.00	11.15	18.45	30.07	37.30
92.00	1.58	2.18	3.04	3.50	4.36	6.08	11.30	19.10	30.47	38.20
94.00	2.00	2.21	3.08	3.55	4.42	6.16	11.45	19.35	31.27	39.10
96.00	2.03	2.24	3.12	4.00	4.48	6.24	12.00	20.00	32.07	40.00
98.00	2.05	2.27	3.16	4.05	4.54	6.32	12.15	20.25	32.47	40.50
1.40	2.08	2.30	3.20	4.10	5.00	6.40	12.30	20.50	33.27	41.40
1.42	2.10	2.33	3.24	4.15	5.06	6.48	12.45	21.15	34.07	42.30
1.44	2.13	2.36	3.28	4.20	5.12	6.56	13.00	21.40	34.47	43.20
1.46	2.15	2.39	3.32	4.25	5.18	7.04	13.15	22.05	35.27	44.10
1.48	2.18	2.42	3.36	4.30	5.24	7.12	13.30	22.30	36.07	45.00
1.50	2.20	2.45	3.40	4.35	5.30	7.20	13.45	22.55	36.47	45.50
1.52	2.23	2.48	3.44	4.40	5.36	7.28	14.00	23.20	37.27	46.40
1.54	2.25	2.51	3.48	4.45	5.42	7.36	14.15	23.45	38.07	47.30
1.56	2.28	2.54	3.52	4.50	5.48	7.44	14.30	24.10	38.47	48.20
1.58	2.30	2.57	3.56	4.55	5.54	7.52	14.45	24.35	39.27	49.10
2.00	2.33	3.00	4.00	5.00	6.00	8.00	15.00	25.00	40.07	50.00
2.02	2.35	3.03	4.04	5.05	6.06	8.08	15.15	25.25	40.47	50.50
2.04	2.38	3.06	4.08	5.10	6.12	8.16	15.30	25.50	41.27	51.40
2.06	2.40	3.09	4.12	5.15	6.18	8.24	15.45	26.15	42.07	52.30
2.08	2.43	3.12	4.16	5.20	6.24	8.32	16.00	26.40	42.47	53.20
2.10	2.45	3.15	4.20	5.25	6.30	8.40	16.15	27.05	43.27	54.10
2.12	2.48	3.18	4.24	5.30	6.36	8.48	16.30	27.30	44.07	55.00
2.14	2.50	3.21	4.28	5.35	6.42	8.56	16.45	27.55	44.47	55.50
2.16	2.53	3.24	4.32	5.40	6.48	9.04	17.00	28.20	45.27	56.40

Equivalent times for 5Km through Marathon

5KM	8KM	10Km	15Km	10Miles	20Km	1/2 Mar	Marathon
13.00	21.36	27.12	42.04	45.46	57.31	1.01.02	2.09.21
14.00	23.16	29.17	45.18	49.18	1.01.57	1.05.44	2.19.18
15.00	24.55	31.23	48.32	52.49	1.06.22	1.10.25	2.29.15
16.00	26.35	33.28	51.47	56.21	1.10.54	1.15.07	2.39.12
17.00	28.15	35.33	55.01	59.51	1.15.13	1.19.48	2.49.09
18.00	29.54	37.39	58.15	1.03.23	1.19.39	1.24.30	2.59.06
19.00	31.34	39.45	1.01.29	1.06.54	1.24.04	1.29.12	3.09.03
20.00	33.13	41.50	1.04.43	1.10.25	1.28.30	1.33.54	3.19.00
21.00	34.53	43.56	1.07.57	1.13.56	1.32.55	1.38.35	3.28.57
22.00	36.52	46.02	1.11.12	1.17.27	1.37.21	1.43.17	3.38.54



Check out your track pacing
and racing Goals!!

