



TRAINING PROGRAMME (October 2021)

3 Oct	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>	Long Run
5 Oct	Tues	2 nd LR /	Group Boundary Run ~ easier recovery run ~	
7 Oct	Thurs	VO ₂ Max	Long Hills - 2/3 rolling sets; run hard on hills with easier run recoveries	At King James Way - 6.45
10 Oct	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
12 Oct	Tues	2 nd LR / LT intervals	Mixed LT EVEN tempo efforts 60mins to include 4min/8min/12min/8min/4min Tempo efforts with 2min jog in between efforts <i>** N>B 15-25secs faster than Mar Pace = LT tempo pace</i>	Discipline the pace at <u>target</u> $\frac{1}{2}$ Mar pace
14 Oct	Thurs	VO ₂ Max	4-6 x600m parluff relay at a relaxed pace	At King James Way - 6.45
17 Oct	Sun	RACE	Sunday Lge X-Country - (Race 1) #GOROYSTONGO #BLACK&REDARMY	Cheshunt
19 Oct	Tues	2 nd Long Run / strides	60mins to incl. <u>easier</u> longer group run including 5x300m progressive efforts [2min easier btwn efforts] longer w/d	<i>**focus on progressive pace throughout pacier interval but no quicker than 10km race pace.</i>
21 Oct	Thurs	VO ₂ Max	B2B: [4-5]x1200m* @10km race pace progressing to quicker 5km pace on latter reps (120-180 sec recovery) ~ focus on negative splits. [will be a shorter 600m beginner session planned] <i>Focus on performing these faster efforts at the required pace</i>	At King James Way - 6.45 Progressively faster from 10km-5km pace
24 Oct	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
26 Oct	Tues	2 nd LR / LT intervals	Mixed LT ODD tempo efforts 60mins to incl:- 3/5/9/9/5/3 min <u>controlled</u> Tempo efforts [60sec between efforts] <i>** N>B 15-25secs faster than Mar Pace = LT tempo pace</i>	Discipline the pace at <u>target</u> $\frac{1}{2}$ Mar pace
29 Oct	Friday	VO ₂ Max	Autumn TRACK 'Floodlight' FUN 5 x 800m/400m [60secs/3mins recovery] or 5 x 700m/300m [60secs/3mins recovery] or 5 x 600m/200m [60secs/3mins recovery] ~ Short TEAM RELAY to finish	RR TRACK AWAY DAY ~ Ridlins Track, Stevenage
31 Oct	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

*Supplement these sessions with steady/easy 35-45 min **RECOVERY** runs, cross or circuit training*

Leg Speed: incorporate a weekly/fortnightly XC session of fast strides, i.e. 10*100m, 7*150m or 5*200m

Park Run / High tempo XC/Road time trials 10-25min runs should be built into at least a monthly programme (race fitness tests). Balance the inclusion of ALL these above sessions 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!!

*** Continue Focus on improving strength and flexibility throughout the coming months***

TIP: Weight training is very beneficial for runners, regardless of the distance you are training for. It reduces the risk of injury by strengthening muscles and connective tissue, it also improves control, balance and muscle co-ordination and consequently improves running economy - watch this space for a return of circuit training very soon!

Future 2021/22 Sunday Cross Country Fixtures

- ☐ 12/12 Trent Park
 - ☐ 19/12 Fairlands Park, Stevenage
 - ☐ 16/01 Cassiobury Park, Watford
 - ☐ 13/02 Royston
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Tempo Training ~ What are they?

Tempo runs are the simplest of all speed workouts. Just warm up, run at a challenging, steady pace you can hold for the set distance and then cool down. They are also known as lactate, anaerobic or fatigue threshold runs. When you go above your threshold, lactic acid builds up, breathing becomes laboured, running form gets ragged, muscles tense and tighten as fatigue sets in. With tempo runs, you train close to your threshold without exceeding it. As a result, you'll raise it, enabling you to run faster and farther before fatigue sets in. Holding a tough enough pace is the key to performance.

Tempo runs offer many advantages. Although your lactate threshold can be improved with shorter, faster intervals, tempo runs allow for a higher quantity of threshold training per workout, and at safer speeds. Since the pace of tempo runs is not as hard as other types of speed training, recovery is quicker and injury less likely. Its less stressful than intervals. Tempo running by its nature is controlled so it guards against the tendency to train as hard as you can. Tempo training will help you develop a feel for even pace (hence the term 'tempo') so you'll run more evenly in races.

Tempo pacing

The key to tempo training is to strike the correct balance between speed and mileage. You should be aiming to complete runs (after warm up) between 3 to 5 miles at a challenging pace that you can hold for that distance. You can judge the required pace by 'perceived exertion'. You should be running hard enough for breathing to become faster but you should not be gasping for air. Tempo pace will put you in a two strides-in, one stride-out rhythm for your breathing. If you are breathing in and out with each stride then you are going at interval pace, so slow down! You should be able to think clearly and talk, but not in full sentences. You should be running in some discomfort but not so much so that it causes you to bring your run to an abrupt end. Tempo pace is usually approximately 15 to 30 seconds per mile slower than your 10K pace or 30 to 45 seconds

slower than your 5K pace. If using a heart rate monitor the training should be at approximately 85% of maximum heart rate. A quick and easy rule to use is that of the '20:20'. Most runners will get a great deal of benefit from a 20 minute tempo run ran at 20 seconds per miles slower than their 10K pace.

You won't get it right first time! Practice is the key until you find the pace that you can maintain throughout the tempo run that is hard enough for you to get the benefits in respect to your lactate threshold.

You can run tempo runs anywhere. They can be, for example, completed off road or even on a treadmill. Just ensure you follow the pattern of (i) adequate warm up (ii) timed tempo run with a focus on pace and form and (iii) adequate cool down.

***** Watch this SPACE *****

Circuit Training set to return

We are conducting a risk assessment with the School before confirming the re-start of circuits.

Our circuit sessions are at the bargain price of £3 per person/session. All fees go towards solely covering the cost of the hire of Hall / Gym.

All are welcome, members, non-members, friends and family!!!

Circuit training is an efficient and challenging form of conditioning. It works well for developing strength, endurance (both aerobic and anaerobic), flexibility and coordination.

It's one of the best types of training for improving strength endurance be it for any running related sport such as x-country, road running, speed sessions or a classic endurance event like the marathon or triathlon.

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For those interested I will be running a Bleep Test at 5.50pm each week prior to the circuits

