



TRAINING PROGRAMME (November 2021)

2 Nov	Tues	2 nd LR / LT intervals	60mins: short w/u 5-10mins plus ' SCARY ' 4-5 x Mile Lactic Threshold intervals [90sec active slow recovery btwn efforts] 5-10mins c/d <i>** N>B 15-25secs faster than Mar Pace = LT tempo pace</i>	<i>Discipline the pace at target $\frac{1}{2}$ Mar pace Maybe done as an out & back around indy estate</i>
4 Nov	Thurs	VO ₂ Max	Short 'firework' Hills - short tempo run (3km max) plus [8-16 reps] x shorter hills [200m]; run hard on hills with easy jog recoveries (<i>efforts as sets of 4 reps /walk btwn sets</i>)	<i>At King James Way - 6.45</i>
7 Nov	Sun	Long Run	1hr-90mins XC run (include 2miles of quicker progressive pace towards end of run) <i>** each week build a negative split running to this LR</i>	<i>increase the endurance slowly week by week negative split@$\frac{1}{2}$ Mar pace</i>
9 Nov	Tues	LT interval 2 nd LR / Tempo	60mins to incl. 10mins (Mar pace) 5mins easy 8mins (13.m pace) 4mins easy 6mins (10k pace) 3mins easy 4mins (@5k) 2mins easy 2mins (@3k)	<i>Focus on performing the correct pace per set pace for each tempo effort</i>
11 Nov	Thurs	VO ₂ Max	Short tempo run followed by [6-12] x 400m ~ run as hard efforts with full recovery of run time plus fast strides (@3k-5k race pace)	<i>At King James Way - 6.45</i>
14 Nov	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>	<i>increase the endurance slowly week by week negative split@$\frac{1}{2}$ Mar pace</i>
16 Nov	Tues	Tempo / Time Trial Grp run	Royston Runners Birthday 'CAKE' 10k Run:- 5/10mins warm up jog <i>Essex & Herts Air Ambulance & Macmillan Cancer Support</i>	<i>Old Bull, Royston LEJOG memories</i>
18 Nov	Thurs	VO ₂ Max	Long Hills - 2-3 rolling sets; run hardish on hills with easier but rolling run recoveries <i>compare and build upon times/reps from last time</i>	<i>At King James Way - 6.45</i>
21 Nov	Sun	Long Run / recovery	1hr-90mins recovery run (keep pace steadier to aid recovery between weeks harder training)	<i>Long Run / recovery</i>
23 Nov	Tues	Tempo run / VO ₂ efforts	60mins to incl. easier longer grp w/u of 15mins plus 30mins [2min fast:1min slow active x10] plus 15min easy c/d	
26 Nov	Friday	VO ₂ Max	Autumn TRACK 'Floodlight' FUN Pyramid session: 600>800>1000>1200>1000>800>600 active 200m jog btwn efforts ~ other distance options Team Relay to finish	<i>RR TRACK AWAY DAY ~ Ridlins Track, Stevenage 4800m or 6000m @5k</i>
27 Nov	Sun	Long Run	1hr-90mins XC hilly run (include 4miles of quicker pace towards end of run) <i>** each week build a negative split running to this LR</i>	<i>increase the endurance slowly week by week negative split@$\frac{1}{2}$ Mar pace</i>
30 Nov	Tues	LT interval + Tempo efforts	Longer 'sandwich' LT session: 10min w/u + 4mins/10mins/10mins/4mins half run time @slower pace btn efforts/10min c/d.	<i>Tempo efforts to be performed at $\frac{1}{2}$ Mar pace</i>

***BUILD ENDURANCE** Supplement these sessions with steady/easy 35-45 min **RECOVERY** runs*

Leg Speed: incorporate a weekly/fortnightly XC session of **fast** strides, i.e. 10x100m, 7x150m or 5x200m

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

High tempo XC/Road time trials/Park Runs 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!!

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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***** Watch this SPACE November update t/f *****

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

