



## TRAINING PROGRAMME (January 2022)

2 Jan	Sun	Long Run	<b>***New Year's Day***</b> For those keen athletes an early morning run or a chance to undertake a local Park Run / Race	.to ease those hangover blues starting the NY freshly invigorated!!
4 Jan	Tues	2 <sup>nd</sup> LR / LT intervals	<b>NY Mix &amp; Match Tempo ~ 60mins to include</b> 2 x [1,2,3mins (60sec) plus 6min (6mins)] all efforts @10mile tempo effort 60sec slower between 1,2,3min efforts & 6min easier after 6min effort. 9min w/u & c/d	Discipline the pace at <u>target 10mile</u>
6 Jan	Thurs	VO <sub>2</sub> Max	Short tempo run plus 'Up the Clock' short runs; 100m thru to 400m or 500m to incl. 50m sprints (total 3500m or 5400m) as 50m incremental steps from 100m (e.g. 50m stride+50m sprint, 150 100m+50m sprint etc) easier jog back recovery	Tip: harder than you think so warm to the task ahead
9 Jan	Sun	RACE	<b>County County Cross Country Champs (Herts / Cambs)</b>	Herts (WGC) / Cambs (St. Neots)
11 Jan	Tues	2 <sup>nd</sup> LR Recovery Run	60mins to incl. <b>12mins</b> (Mar pace) 6mins easy <b>10mins</b> (1/2 Mar pace) 5mins easy <b>8mins</b> (10 mile) 4mins easy <b>6mins</b> (10k pace) 3mins easy <b>4mins</b> (5k pace) 2mins easy <b>2mins</b> (3k pace)	Focus on performing the <u>correct</u> pace per set pace for each effort
13 Jan	Thurs	VO <sub>2</sub> Max	Short TEAM Paarlauf Session [900/600/300m]x2 or 4-6 x600m relay at a <u>controlled</u> pace	At King James Way - 6.45
16 Jan	Sun	RACE	<b>*** Sunday Lge X-Country - (Race 4) ***</b> <b>#GOROYSTONGO #BLACK&amp;REDARMY`</b>	Cassiobury Park, Watford
18 Jan	Tues	2 <sup>nd</sup> Long Run	60 mins: Steady Group <u>recovery</u> Run Boundary run of Royston incl. 10x20sec controlled strides	2 <sup>nd</sup> Long Run
20 Jan	Thurs	VO <sub>2</sub> Max	<b>Pyramid session:</b> 600>800>1000>1200>1000>800>600 active 200m jog btwn efforts or alternative shorter option offered on the nite	At King James Way - 6.45 4800m or 6000m @5k
23 Jan	Sun	Long Run	<90min> <u>hilly</u> off road (steady: <b>hard</b> :easy) strong progressive pace on first 60mins of run / easy last 30mins~ <b>2-3 laps Roy XC</b>	
25 Jan	Tues	2 <sup>nd</sup> LR / LT intervals	<b>NY Mix &amp; Match Tempo ~ 60mins to include</b> 2 x [3,6,9mins tempo efforts/3min easy btwn] efforts @10mile tempo efforts. 4min w/u & c/d	Discipline the pace at <u>target 10mile</u>
27 Jan	Thurs	VO <sub>2</sub> Max	<b>3-5x[800m/400m]-@5km/3kmpace</b> (90sec rec) focus on quicker split pace on shorter 400m. Focus on performing these faster efforts at the required pace	King James Car Park - 6.45 progressively faster from <b>5km-3km</b> pace
29 Jan	Sat	RACE	<b>SEAA Cross Country Champs</b>	Beckenham, Kent
30 Jan	Sun	Long Run / Recovery Run	upto 60mins easy <u>flat</u> <u>recovery</u> run for those that raced on Sat or 60-70min <u>hilly</u> off road progressive pace ~ maybe as circuits Royston XC	Trial out running evenly and economically over the demands of the Heath

\*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!!!

What to do on a Saturday?? Why not try a not-a-parkrun or a weekly/fortnightly of the following:-

**Leg Speed: incorporate a XC session of fast strides, i.e. 10x100m,7x150m,5x200m,4x300m on & off hills**

High tempo Cross Country time trials 10-25min runs should be sensibly built into at least a monthly programme (race fitness tests). Balance the inclusion of **ALL** these above sessions within the priorities of the monthly schedule and 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!!

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Developing runners are encouraged to slowly build an aerobic base by increasing mileage and/or adding a further run per week to their existing training - learn to run very easy on recovery days and hard on quicker sessions however listen to your body and avoid illness and injury!!

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For beginners set your own individual short, medium and longer term goals - YOU CAN DO IT !!!

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Future 2021/22 Sunday Cross Country Fixtures

- 16/01 Cassiobury Park, Watford
- 13/02 Royston

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**Coaching Corner**

Having a running goal, however big or small, can help you to keep focused and motivated. Your running goals can be ambitious or otherwise, but they should remain personal to you and relevant to your own training targets. Whether you're setting out to be able to run a set distance or are planning on entering your first race, as you progress through your goals, you will find that your motivation and enjoyment increase.

**Choosing your running goals**

The acronym 'SMART' is the best way of remembering the criteria for choosing running goals.

**S = Specific.** Make your running goals precise, so rather than saying you want to run further, why not say you want to be able to complete a 3km run inside 20 minutes by the end of the month.

**M = Measurable.** You need to be able to prove that your running target has been reached. Don't guess when you've reached your goal, but monitor your improvement with a stopwatch, GPS unit or equivalent.

**A = Achievable.** Your running goals must be able to be achievable. Don't set something that you are not going to be able to achieve because that will be demoralising. Running in your local half marathon would be an achievable goal, while a top 20 finish in that race may not.

**R = Realistic.** Have some common sense when setting goals. Setting a target of improving your half marathon time by an hour this year is an extremely difficult target. However, a goal of improving your half marathon run time by minutes is likely to be more realistic.

**T = Time-related.** Make your goal time-related because you can then create a deadline to work towards. 'When I run this event next year, I want to improve my time by 20 minutes' is a good time-related goal.

## **Run non-stop**

Running continuously for a short distance doesn't come as easily to some as it does to others, so setting yourself the goal of running non-stop over whatever distance you feel is a suitably challenging is a good way to start. This could be as simple as running to the end of the street, once around your local park, or even a distance of several kilometres. Whatever distance you choose, build up gradually and reward yourself when you reach your target, and then set another one.

## **Run regularly**

Regular running for beginners means getting out at least twice a week. It is better to run twice a week every week, than to run half a dozen times one week and then do no running for the next three weeks. By getting some continuity in your run training, your running will improve as your body adapts to the consistent training stimulus.

## **Aim for specific running distances**

Ask any runner who has been at it a number of years and they will probably all be able to remember when they first ran specific distances, be it one kilometre, 10km, or even a marathon. The time is often immaterial to them at first; covering the distance is what counted. Record your distance goals over time, so that you can see your progression.

## **Lose weight through running**

Your running goal doesn't necessarily have to be about a specific running target. Many people take up running to lose weight. Like when setting distances to run, you should set a safe amount of weight to aim at losing each week. This should be approximately 1kg (2.2 lbs). You can then calculate how long it should take you to reach your weight loss goal and monitor this week by week.

## **Enjoy your running**

This may sound like an unusual goal, but for some people running can be a means of weight management only rather than running for enjoyment.

Running can offer so much more, from an opportunity to get away from it all, to the achievement of finishing an event that you've trained months for. To get the most out of your running, mix up your training and try different routes, terrains, and events.

## **Run a personal best**

Everyone, regardless of their competitiveness, likes to see improvements, and setting a personal best time at a race, or even in training, is a huge motivator. To help you achieve this, follow a structured training plan that includes race specific speed-work.

## **Run for charity**

Many people enter a race specifically because they want to raise money for a cause that means something to them personally. By choosing a charity that has a special meaning to you will make the fundraising easier because sponsors will see your passion and understand the reasons why you are raising money for that organisation.

## **Keep on running**

For many runners, particularly if they are not very competitive, the goal of being able to continue to run long-term is an excellent motivator. To stay injury-free will require lots of preparation including maintaining correct nutrition and hydration, working on flexibility, doing resistance training, having sports massages, and taking appropriate rest.

## **Perform at your very best**

The more competitive of you out there will want to do this. To achieve this goal you have to be extremely dedicated and prepared to make running a focal point by fitting in consistent, quality training over a long period.

## **Go for it!**

With a top ten like that, there should be no shortage of motivation when you next lace up your trainers. Give yourself some goals to aim for. Whatever you choose, your running experience will be increasing all the time as will the distance in your legs.

**\*\*\* Watch this SPACE Date TBC \*\*\***

**Circuit Training set to return in forthcoming weeks**

**Awaiting update from School on return from Xmas break**

**Subject to hire conditions following covid restrictions**

**Covid measures to be confirmed for re-start.**

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.

**\*\*\*STOP PRESS\*\*\*STOP PRESS\*\*\*STOP PRESS\*\*\***

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

