



TRAINING PROGRAMME (April 2021)

1 Apr	Thurs	VO ₂ Max	Pyramid session: 600>800>1000>1200>1000>800>600 active 200m jog btwn efforts or alternative shorter option offered on the nite	Twigdens or Industrial Estate for those Bookwhen bookings 4800m or 6000m @5k
4 Apr	Sun	Long Run / recovery	upto 90mins+ off road run (steady <u>rec</u> pace)	Focus on building endurance slowly by adding 10% weekly
6 Apr	Tues	Lactate- threshold workout LT interval	60-70mins+ incl. Alternating LT Miles mile on mile off x 3-5 @ target 13.1 pace ~ slower miles@1min slower pace of faster reps Short w/u & c/d of 5mins	LT efforts to be performed at $\frac{1}{2}$ Apr pace
8 Apr	Thurs	Time Trial / Basic Speed	Warm up plus 3km time trial ~ very easy 5mins Plus [6-10] X 250m-300m (60-90 sec rest) hard efforts at 1mile race pace followed by warm down / stretch and c/d	New spring venue {TBC} or Twigdens or Industrial Estate for those Bookwhen bookings 4800m or 6000m @5k
11 Apr	Sun	Long Run / recovery	upto 90mins+ off road run (steady <u>rec</u> pace)	Focus on building endurance slowly by adding 10% weekly
13 Apr	Tues	LT Tempo efforts	[TTT] 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 target $\frac{1}{2}$ Apr pace #RunAndTalk
15 Apr	Thurs	VO ₂ Max	4-6x 1000m 2mins rolling recovery plus 4x100m accelerating strides	New spring venue {TBC} or Twigdens or Industrial Estate for those Bookwhen bookings 4800m or 6000m @5k
18 Apr	Sun	Long Run / recovery	upto 90mins+ off road run (steady <u>rec</u> pace)	Focus on building endurance slowly by adding 10% weekly
20 Apr	Tues	Lactate- threshold workout LT interval	60mins steady incl. [3x10min reps] @ target 10mile pace ~ 5mins slow run between reps ~ steady 10mins warm up & 10mins c/d	Discipline the pace at target 10m pace
22 Apr	Thurs	VO ₂ Max	(B2B)#Progress; [2-4sets]x[800/400/200] @5km pace, recovery as 60-90sec very easy jog /3- 4mins between sets plus 2x200m accelerating strides to finish [90sec between] easy c/d	New spring venue {TBC} or Twigdens or Industrial Estate for those Bookwhen bookings 4800m or 6000m @5k
25 Apr	Sun	Long Run / recovery	upto 90mins+ off road run (steady <u>rec</u> pace)	Focus on building endurance slowly by adding 10% weekly
27 Apr	Tues	LT interval 2 nd LR / Tempo	60mins to incl. 10mins (Apr pace) 5mins easy 8mins (1/2 Apr pace) 4mins easy 6mins (10k pace) 3mins easy 4mins (5k pace) 2mins easy 2mins @3k	Focus on performing the correct pace per set pace for each tempo effort
22 Apr	Thurs	VO ₂ Max	8-10 x 500m 2mins rest Plus 10x50m quicker strides	New spring venue {TBC} or Twigdens or Industrial Estate for those Bookwhen bookings 4800m or 6000m @5k

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**, **conditioning** and **flexibility** throughout the coming months***

