



## TRAINING PROGRAMME (June 2021)

1 June	Tues	LT Hills	<p style="text-align: center;"><b>LT HILLS</b></p> <p style="text-align: center;"><b>3x 8min incline / hilly efforts @10m pace [5min very easy btwn] easy 10min w/u &amp; c/d</b></p>	Keeping the efforts controlled. Can be over varied terrain and inclines.
3 June	Thurs	VO <sub>2</sub> Max	<p style="text-align: center;"><b>2x (5x600m) @5k pace ~ [6km in total]</b></p> <p style="text-align: center;"><b>2x (4-5x500m) @5k pace ~ [4km-5km in total]</b></p> <p style="text-align: center;"><b>2x (4x400m) @5k pace ~ [3.2km in total].</b></p> <p style="text-align: center;">All above with 90sec/3min btwn reps/sets.</p>	Focus on even efforts throughout
6 June	Sun	Long Run	>90min+ Longer <b>easier</b> recovery run [between harder weeks workloads)	Building endurance
8 June	Tues	2 <sup>nd</sup> LR / /Basic speed	45ins <b>easier</b> hilly run plus 5x150m <u>incline</u> fastish strides (increasing to 80% effort ~ slow walk back recovery)	2nd LR / /Basic speed
10 June	Thurs	LT reps / VO <sub>2</sub> Max	<p style="text-align: center;">2-3 x 2km (2 laps) @5k pace [6km in total] ~</p> <p style="text-align: center;">slow 90-180 sec jog recovery btwn reps or <b>2:2:1</b> [5km in total] or <b>2:1:1:2x0.5</b> plus 4x150m strides ~performed around the perimeter of school field</p>	<p>Controlled hard efforts at 5k pace</p> <p>Check pace charts [see below]</p>
13 June	Sun	Long Run / recovery	upto 90mins+ <b>easier</b> off-road endurance run	Building endurance
15 June	Tues	Lactate-threshold workout LT interval	<p style="text-align: center;">60-70mins+ incl. <b>Alternating LT Miles</b></p> <p style="text-align: center;"><b>mile on mile off x 3-5 @target 13.1 pace ~</b></p> <p style="text-align: center;">slower miles@1min slower pace of faster reps</p> <p style="text-align: center;">Short w/u &amp; c/d of 5mins</p>	LT efforts to be performed at $\frac{1}{2}$ Mar pace
18 June	Friday	VO <sub>2</sub> Max	<p style="text-align: center;"><b>Summer Fun Pyramid session</b></p> <p style="text-align: center;">Long or Short pyramid options to suit all</p> <p style="text-align: center;"><b>Long</b> [200/400/600/800/1000/800/600/400/200]</p> <p style="text-align: center;">100m rolling recovery or</p> <p style="text-align: center;"><b>short</b> pyramid [200/300/400/500/600/500/400/300/200]</p> <p style="text-align: center;">100m walk recovery</p> <p style="text-align: center;">fun TEAM short relay t/f</p> <p style="text-align: center;"><i>All abilities welcome and suitably adapted</i></p>	<b>RR TRACK AWAY DAY ~</b> Ridlins Track, Stevenage
20 June	Sun	Long Run	90min+ Longer <b>easier</b> recovery run [between harder weeks workloads)	Building endurance
22 June	Tues	Lactate-threshold workout LT interval	<p style="text-align: center;"><b>Tempo Tues 3 x 6min tempo efforts</b></p> <p style="text-align: center;">ran as 5min@10mile/1min jog/1min@10k/2min jog</p> <p style="text-align: center;">10min progressive w/u + tempo efforts with 10min c/d</p> <p style="text-align: center;">plus 4 x 200m quicker efforts as 10km pace</p>	Focus on performing these efforts at the correct 10mile and enhanced 10k even tempo efforts.
24 June	Thurs	VO <sub>2</sub> Max	<p style="text-align: center;"><b>2 x [800/500/200] x [2sets] @5km [6000m]</b></p> <p style="text-align: center;"><b>2 x [700/400/100] x [2sets] @5km [4800m]</b></p> <p style="text-align: center;"><b>[900/600/300] x [2sets] @5km [3600m]</b></p> <p style="text-align: center;">recovery as 90sec btwn reps /3mins between sets</p>	
27 June	Sun	Long Run	90min+ Longer <b>easier</b> recovery run [between harder weeks workloads)	Building endurance
29 June	Tues	2nd LR / Easy run	<p style="text-align: center;"><b>Dolly's 9-5 TEMPO</b></p> <p style="text-align: center;">10mins easy w/u plus <b>9mins@13.1m</b> pace [4mins easy] plus <b>5mins@10m pace</b> [2mins easy] x 2 sets</p> <p style="text-align: center;">plus 10mins c/d</p>	

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 stretching\*

**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?

### **Bring gear that matches the climate**

Check out the weather forecast for where you're going and make sure to pack the right gear in your luggage.

### **Keep logging your times**

A good way to keep to your schedule is by continuing to log your times. It gives you consistency while you're away from home and lets you know how you're performing.

### **Head to the nearest water**

If you're near the sea or have a hotel pool, plan your run to finish with a refreshing dip in the water.

### **Plan when you eat and drink**

If you're going to run in the morning, try not to eat too late the night before. Holidays can mean drinking more - but again, your performance will improve if you don't have nights out before running in the morning.

### 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.

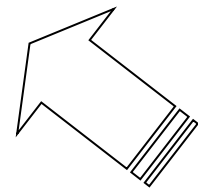


### Pace chart for 400 meters to 10km

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
23.00	38.12	48.07	1.14.26	1.20.59	1.41.46	1.47.59	3.48.51
24.00	39.52	50.12	1.17.46	1.24.30	1.46.12	1.52.40	3.58.48



Check out your track pacing  
and racing Goals!!

