



TRAINING PROGRAMME (June 2024)

5 June	Sun	Long Run recovery	upto 90mins+ off road run (steady <u>rec</u>	Focus on building endurance slowly by adding 10% week
4 June	Tues	RACE	**2024 MWL Road Race Div2 - Race	Royston [Therfield] Good luck to ALL ☺
6 June	Thurs	Race or Beginner / master Session	Arkwright 5k race series - Race or Beginners' introduction session to speed A gentle fun intro to speedwork session Come and join the fun!	Arkwright 5k series - Newmarket At King James Academy School (Senior Site) - @6
9 June	Sun	Long Run recovery	upto 90mins+ off road run (steady <u>rec</u>	Keep the miles in but moderate the pace
11 June	Tues	tempo efforts	60mins: 10min easy-progressive w/u + 10mins very ALIVE SESSION 5x5mins [3mins recovery@1 Focus on performing this faster effort at your target	
13 June	Thurs	VO ₂ Max Basic Speed	2x[5x500m] @3km plus 3x200m @3km [560 2x[5x400m] @3km plus 4x150m @3km [460 2x[5x300m] @3km plus 5x100m @3km [350 2mins between efforts /4min btwn se	At King James Academy School (Senior Site) - @ Quicker efforts than 5k p
16 June	Sun	Long Run recovery	upto 90mins+ off road run (steady <u>rec</u>	Focus on building endurance slowly by adding 10% week
18 June	Tues	RR club event	Club 3km Relays & Summer BBQ In memory of Sean Allen	Royston Heath - @6.30pm
19 June	Weds	VO ₂ Max	Summer TRACK FUN Group Paarlauf-Relay session 5x600m paarlauf [400m jog] plus 10x300m 4x600m paarlauf [400m jog] plus 8x300m 3x600m paarlauf [400m jog] plus 6x300m	RR TRACK AWAY DAY ~ Ridlins Track, Stevenage Note: slightly lower intensity FUN session following relays
20 June	Thurs		No Coach led Speedwork	
23 June	Sun	LT Tempo efforts / TT	[2mile Tempo Time Trials] 60mins: 10mins w/u [1-2] x 2mile time trials with 10mins easy rolling rec btwn efforts / 1	Discipline the time trial pace at slightly below target 10km pace
25 June	Tues	REST / Easy run	Rest or very easy 20-30 mins run including 1min relaxed race pace strides [1min eas	**Think race strategy & improvements from earlier races
27 June	Thurs	RACE	**2024 MWL Road Race Div2 - Race	Trent Park Good luck to ALL ☺
30 June	Sun	Long Run recovery	upto 90mins+ off road run (steady <u>rec</u>	Keep the miles in but moderate the pace

During a busy racing season programme ensure the body is allowed to recover between races and harder race prep workouts with very EASIER recovery runs and HYDARTE well during the summer.

TIP : Leave the stopwatch at home or avoid being tempted to be influenced by the pace. Running without the pressure will give you a much-needed mental and physical break. Just listen to your body rather than staring at the watch!

Pace chart for 400 meters to 10km

400 --	500 --	600 --	800 --	1000M	1200 --	1600 --	3KM	5KM	5Mile	10K
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 10K 15K 10Mile 20K 1/2 Maratho

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	1.15.12	1.19.48	2.49.09
18.00	29.54	37.39	58.15	1.03.23	1.19.32	1.24.30	2.59.06
19.00	31.34	39.45	1.01.2	1.06.54	1.24.04	1.29.12	3.09.03
20.00	33.13	41.50	1.04.4	1.10.25	1.28.32	1.33.54	3.19.00
21.00	34.53	43.56	1.07.5	1.13.56	1.32.54	1.38.35	3.28.57
22.00	36.52	46.02	1.11.1	1.17.27	1.37.22	1.43.17	3.38.54
23.00	38.12	48.07	1.14.2	1.20.59	1.41.42	1.47.59	3.48.51
24.00	39.52	50.12	1.17.4	1.24.30	1.46.12	1.52.40	3.58.48

Check out your track
and racing Goals!!