



## TRAINING PROGRAMME (September 2024)

3 Sep	Tues	Lactate-threshold workout LT interval	<b>Power of 3 session</b> [ <b>@lactate threshold pace</b> ] 8min w/u plus 3/3/6/9/6/3/3mins efforts with 90sec v slow strict recovery btwn efforts <i>N&gt;B 15-25secs faster than Mar Pace = LT tempo pace</i>	<i>Discipline the pace at target <math>\frac{1}{2}</math> Mar pace</i> <i>Tip: ensure pace is set correctly on shorter reps to maintain consistent pace on longer efforts.</i>
5 Sep	Thurs	VO <sub>2</sub> Max	<b>Valley 600s session:</b> 6x600m plus 6x300m [5400m total] 5x600m plus 5x300m [4500 total] 4x600m plus 4x 300m [3600m total] 2min & 1min recoveries / 3min between sets	<b>Royston Heath - @6.45pm</b>
8 Sep	Sun	Long Run	1hr-90mins XC run (include 2miles of quicker progressive pace towards end of run) <b>** each week build a negative split running to this LR</b>	
10 Sep	Tues	Lactate-threshold workout LT interval	<b>Power of 10 session</b> [ <b>Tuesday Tempo Sandwich</b> ] 5min w/u plus 5/10/5/[10]/5/10 efforts ~ 5min c/d Note target of 2-3 x 10min block efforts @10mile pace ~ easier rolling recoveries btwn efforts	<i>Discipline the pace at target 10mile pace</i> <i>Tip: ensure pace is set evenly on in maintaining consistent pace.</i>
12 Sep	Thurs	VO <sub>2</sub> Max (short-medium Hills)	<b>HILL session:</b> 9-12 short/medium/long hills 2-3 sets of (3:2:1 Hill) or an alternative hill option offered on the evening + a few accelerating strides t/f	<b>Royston Heath - @6.45pm</b>
15 Sep	Sun	Long Run	1hr-90mins XC run (include 3miles of quicker progressive pace towards end of run) <b>** each week build a negative split running to this LR</b>	
17 Sep	Tues	LT Tempo run	60 mins: to include ' <b>progressive 20:20:20</b> ' 20mins easy/20mins steady/20mins fast <i>Each 20min section to be performed as smooth progressive speeding up and not as a sudden surge of acceleration</i>	<i>performing these efforts at the correct transition of easier/steady/fast even tempo efforts.</i>
19 Sep	Thurs	VO <sub>2</sub> Max	B2B: 5-8 x 800m at 5km pace (60-120 sec recovery) plus 6x80m accelerating strides <b>target objective: think volume of reps over pace</b>	<b>**King James Town Car Park -6.45</b> <i>Check pace charts [see below]</i>
22 Sep	Sun	Long Run / recovery	<b>RR Harvest Trail or 1hr-90mins XC run</b> (include 4miles of quicker progressive pace towards end of run) <b>** each week build a negative split running to this LR</b>	
24 Sep	Tues	LT Tempo run	60mins to incl. easier longer grp w/u of 20mins plus <b>10x1min faster [1min slow]</b> plus 20min c/d	<i>Total of 10mins faster efforts @5k pace</i>
25 Sep	Weds	VO <sub>2</sub> Max	<b>RR &amp; MTC Track Away-Day</b> 2000m/1600m/1200m/800m/400m [6000m] 1600m/1200m/1000m/800m/200m [4800m] 1200m/1000m/800m/400m/200m [3600m] 3mins active recovery between all reps @5km race pace plus Short TEAM RELAY	<b>RR TRACK AWAY DAY ~ Ridlins Track, Stevenage</b>
29 Sep	Sun	Long Run / recovery	1hr-90mins XC run (include 4miles of quicker progressive pace towards end of run) <b>** each week build a negative split running to this LR</b>	

\*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\*

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

### What to do on a Saturday??

**\*\*Those keener and/or advanced athletes to undertake a high tempo time trial, park runs or extended reps at 10k race pace or quicker 3k-5k pacing blocks over shorter distances either a regular 5km parkrun, longer 10k pace reps of 2x[10min/5min blocks/rolling recovery of 5min&3min] or 3k-5k pyramid session of 1,2,3,4,5,6,5,4,3,2,1min incorporated into the weekly cycle. Maybe even try an easier run including an element of a leg speed session (see above for ideas) OR a complete rest day balanced around your own personal programme and abilities\*\***

### Men's Weekend Away - Alternative Programme (Hedden Bridge, Yorkshire)

12 Sept	Thurs	VO <sub>2</sub> Max	Easy 10min warm up run plus a few accelerating strides plus speedwork session [10-12]x400m @3k pace [200m jog recovery(90sec)/3mins slow after 5/6 reps] plus easier 10min warm down
13 Sept	Fri	2 <sup>nd</sup> Long Run	7-8miles easy-steady (am) plus optional 3-4miles (pm)
14 Sept	Sat	RACE	PARK RUN - 5km (am) / Long Walk (pm)
15 Sept	Sun	Long run	up to 13miles Easy/steady off road/road group run

From October through to February, the club's main focus shifts towards return of the ever-enjoyable Cross Country (XC) season. We participate in the Sunday Cross Country League and support additional races e.g., County Championship and Veteran races with also an opportunity to run in the unique experiences of Regional and National Championships. There is only one mandatory pre-requisite in participating in any cross-country race - You must wear your club vest!

#### Previous experience of Cross Country?

Many of our members probably have not run cross country since school. For some, not a happy memory. Other members may view Cross Country as exclusive to the 'elite' and fear their ability would hinder or embarrass themselves. Instantly, future participation is labelled with resistance and negativity.

Fear not, today, the **Sunday Cross Country League is a friendly supportive environment**, catering for all abilities from the 'elite' to those just wishing to complete the course, with age groups ranging from senior men and women right through to Men's Vet70 and Women's Vet65. Points are awarded at every fixture on a team basis, and individually per age group. Over the course of the league, it is possible for a beginner or an intermediate runner who commits to running 4 or more league races to beat a quicker or more experienced runner of the same age group who runs less than 4 races.

**Everyone, regardless of age or ability, can participate, have the optimistic potential to progress, achieve personal goals and more importantly enjoy themselves with in a friendly club environment. As a club we actively encourage our members to take part in these races, nobody should feel they are not good enough to represent our club.**

Every race you run, you accumulate points not just for the individual age group competition, but more importantly, regardless of your capability, your effort and commitment are exclusively and unselfishly contributing to a team objective. Back yourself, believe in your ability and support your teammates at the start, during and at the race finish.

#### What are the benefits of Cross Country?

All races are held off road, so there is absolutely no danger or interruption from traffic intervention. The major physical benefits of cross-country races or even just running off road are associated with power, core strength and stamina. There is a symbiotic relationship between all 3.

By running over softer surfaces, or through long grass makes you work harder than running on pavements or asphalt as you must lift your ankle higher or power through the running surface. The increase in effort not only burns more calories but requires more muscular effort. An indicator of a tired runner or a runner with inefficient muscle development is the dragging or grazing of feet across the running surface, which unless rectified, the runner will potentially trip up resulting in potential injury. The development of these muscles will produce power and alleviate potential incidents caused by poor muscular development.

As more effort is required over the uneven undulating terrain in contrast to road running, your stamina will improve.

As cross country is conducted over rough or uneven surfaces, you are forced to keep your balance which means engaging your core muscles. The development of core strength through cross country or other exercises will help to keep your body upright and strong, preventing sagging, making your running more efficient.

A further benefit of cross country is that you are running over softer surfaces and not pounding the pavements. Yes, there is a school of thought that says there is a greater risk of twisting an ankle off road, but the threat is no worse than tripping off a pavement kerb or in a pothole. Uneven terrain does help develop foot and ankle strength. If you do not warm up and condition your body properly before a race, the threat of potential injury is just the same regardless of whether it's on road or cross country.

Improvements in power, strength, and stamina through continuous participation in the Sunday Cross Country League will reap rewards when you return to road running in the Spring. Many are fearful of the timing of the Cross-Country season within a typical spring marathon training programme and dismiss cross country in preference to focussing on distance-based training. **Cross country can successfully be included in a marathon training programme, reaping the rewards of cross country running whilst fitting in distance runs between the races.** Many RRs married up cross country races within their marathon training programme and went on to run some fantastic PBs!

### **What is the Sunday Cross Country League?**

Presently, Royston Runners participate in the Sunday Cross Country League. We have always taken pride in our performances and TEAM spirit, carrying the club to great success against lots of Hertfordshire's and north London's strongest clubs.

### **Where and what time do the Sunday Cross Country League races take place?**

**Currently all Sunday Cross Country League races take place locally on a Sunday at 10.30am, once a month, from October to February.**

Typically, the season has started at Cheshunt, a beginner friendly course with the remaining 4 races being located at any of the following locations:

Surfaces can vary between parkland, bridal, grass and shingle paths, farmlands, woodland, and fields, all varying in gradient, but definitely no road running.

Weather conditions before a race can radically alter the surface. Periods of rain can turn dry parkland, muddy and soft or prolonged periods of frosty icy weather can make previously muddy-soft conditions, hard and fast surfaces. Each venue's terrain is different:

**Cheshunt:** Parkland with long up and down hill grassy drags and bridal paths.

**Royston:** Toughest with steep hills (never muddy), and what goes up must come down!

**Trent Park:** Mixture of grassy parkland, woodland with a mixture of slopes.

**Stevenage:** Flat rolling parkland route that can get waterlogged in parts following any wet period.

**Cassiobury Park (Watford):** Majority through woodland slopes, but starting and finishing in parkland.

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## Weekly Circuit Training returns!

- ❖ Weekly sessions will be held at King James Academy School **JUNIOR** site, off Garden Walk, SG8 7JH. Held within the school gymnasium hall.
- ❖ **Times will be 6.15pm-7.30pm**
- ❖ All abilities welcome and adapted sessions to fit with individual goals.
- ❖ Enjoy the delights of the CORE blast / LEG Burn / BURPEE Bash / ARMageddon

RR circuit sessions are at the bargain price of **£5 per person/session**. All fees go towards solely covering the cost of the hire of Hall / Gym.

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.



### 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	3.4				
58.00	72.50	87.00	1.56	2.25	2.54	3.5	7.15			
60.00	75.00	90.00	2.00	2.30	3.00	4.0	7.30	12.30		
62.00	77.50	93.00	2.04	2.35	3.06	4.0	7.45	12.55	20.47	25.50
64.00	80.00	96.00	2.08	2.40	3.12	4.1	8.00	13.20	21.27	26.40
66.00	82.50	99.00	2.12	2.45	3.18	4.2	8.15	13.45	22.07	27.30
68.00	85.00	1.42	2.16	2.50	3.24	4.3	8.30	14.10	22.47	28.20
70.00	87.50	1.45	2.20	2.55	3.30	4.4	8.45	14.35	23.27	29.10

						0				
						4.4				
72.00	90.00	1.48	2.24	3.00	3.36	8	9.00	15.00	24.07	30.00
						4.5				
74.00	92.50	1.51	2.28	3.05	3.42	6	9.15	15.25	24.47	30.50
						5.0				
76.00	95.00	1.54	2.32	3.10	3.48	4	9.30	15.50	25.27	31.40
						5.1				
78.00	97.50	1.57	2.36	3.15	3.54	2	9.45	16.15	26.07	32.30
						5.2				
80.00	1.43	2.00	2.40	3.20	4.00	0	10.00	16.40	26.47	33.20
						5.2				
82.00	1.45	2.03	2.44	3.25	4.06	8	10.15	17.05	27.27	34.10
						5.3				
84.00	1.48	2.06	2.48	3.30	4.12	6	10.30	17.30	28.07	35.00
						5.4				
86.00	1.50	2.09	2.52	3.35	4.18	4	10.45	17.55	28.47	35.50
						5.5				
88.00	1.53	2.12	2.56	3.40	4.24	2	11.00	18.20	29.27	36.40
						6.0				
90.00	1.55	2.15	3.00	3.45	4.30	0	11.15	18.45	30.07	37.30
						6.0				
92.00	1.58	2.18	3.04	3.50	4.36	8	11.30	19.10	30.47	38.20
						6.1				
94.00	2.00	2.21	3.08	3.55	4.42	6	11.45	19.35	31.27	39.10
						6.2				
96.00	2.03	2.24	3.12	4.00	4.48	4	12.00	20.00	32.07	40.00
						6.3				
98.00	2.05	2.27	3.16	4.05	4.54	2	12.15	20.25	32.47	40.50
						6.4				
1.40	2.08	2.30	3.20	4.10	5.00	0	12.30	20.50	33.27	41.40
						6.4				
1.42	2.10	2.33	3.24	4.15	5.06	8	12.45	21.15	34.07	42.30
						6.5				
1.44	2.13	2.36	3.28	4.20	5.12	6	13.00	21.40	34.47	43.20
						7.0				
1.46	2.15	2.39	3.32	4.25	5.18	4	13.15	22.05	35.27	44.10
						7.1				
1.48	2.18	2.42	3.36	4.30	5.24	2	13.30	22.30	36.07	45.00
						7.2				
1.50	2.20	2.45	3.40	4.35	5.30	0	13.45	22.55	36.47	45.50
						7.2				
1.52	2.23	2.48	3.44	4.40	5.36	8	14.00	23.20	37.27	46.40
						7.3				
1.54	2.25	2.51	3.48	4.45	5.42	6	14.15	23.45	38.07	47.30
						7.4				
1.56	2.28	2.54	3.52	4.50	5.48	4	14.30	24.10	38.47	48.20
						7.5				
1.58	2.30	2.57	3.56	4.55	5.54	2	14.45	24.35	39.27	49.10
						8.0				
2.00	2.33	3.00	4.00	5.00	6.00	0	15.00	25.00	40.07	50.00
						8.0				
2.02	2.35	3.03	4.04	5.05	6.06	8	15.15	25.25	40.47	50.50
						8.1				
2.04	2.38	3.06	4.08	5.10	6.12	6	15.30	25.50	41.27	51.40
						8.2				
2.06	2.40	3.09	4.12	5.15	6.18	4	15.45	26.15	42.07	52.30
						8.3				
2.08	2.43	3.12	4.16	5.20	6.24	2	16.00	26.40	42.47	53.20
						8.4				
2.10	2.45	3.15	4.20	5.25	6.30	0	16.15	27.05	43.27	54.10
						8.4				
2.12	2.48	3.18	4.24	5.30	6.36	8	16.30	27.30	44.07	55.00
						8.5				
2.14	2.50	3.21	4.28	5.35	6.42	6	16.45	27.55	44.47	55.50
						9.0				
2.16	2.53	3.24	4.32	5.40	6.48	4	17.00	28.20	45.27	56.40

**Equivalent times for 5Km through Marathon**

<b>5KM</b>	<b>8KM</b>	<b>10Km</b>	<b>15Km</b>	<b>10Miles</b>	<b>20Km</b>	<b>1/2 Ma r Marathon</b>
13.00	21.36	27.12	42.04	45.46	57.31	1.0 1.0 2
14.00	23.16	29.17	45.18	49.18	1.01.57	1.0 5.4 4
15.00	24.55	31.23	48.32	52.49	1.06.22	1.1 0.2 5
16.00	26.35	33.28	51.47	56.21	1.10.54	1.1 5.0 7
17.00	28.15	35.33	55.01	59.51	1.15.13	1.1 9.4 8
18.00	29.54	37.39	58.15	1.03.23	1.19.39	1.2 4.3 0
19.00	31.34	39.45	1.01.29	1.06.54	1.24.04	1.2 9.1 2
20.00	33.13	41.50	1.04.43	1.10.25	1.28.30	1.3 3.5 4
21.00	34.53	43.56	1.07.57	1.13.56	1.32.55	1.3 8.3 5
22.00	36.52	46.02	1.11.12	1.17.27	1.37.21	1.4 3.1 7
23.00	38.12	48.07	1.14.26	1.20.59	1.41.46	1.4 7.5 9
24.00	.52	50.12	1.17.46	1.24.30	1.46.12	1.5 2.4 0

Check out your track pacing  
and racing Goals!!