

Club Run – Devizes

Introduction

All runners should have targets to achieve, whether it be a target time or place in a race it helps us to motivate ourselves.

Targets also guide our training, once we establish a target time for a race then we have training paces to work to and this is important otherwise we have no point of reference.

All training should have a purpose, at the start of a session you should be clear what you are aiming to get from the work, it should never be just a run.....

The aim of this programme is to help bring focus to athletes and get more out of the time you spend training, with this in mind we will look to identify target races and build a programme to get you to your target and understand how that works.

Training

We split training sessions into parts,

Warm up (RAMP):

Raise – Easy 10 min jog > Activate – Dynamic running related stretches > Mobilise – Running drills > Potentiate – some strides.

When we jog we raise the heart rate and start to get the body ready to perform.

Activate - Dynamic stretches – we don't tend to carry out the old static stretch as it does not really serve the purpose before we run. We carry out the following (the list isn't exhaustive)

Lunge > walking knee hug > hamstring sweep > leg swing > pelvis rotation > half squat > hop & Stick

Mobilise - We carry out drills which take the running action to its full range of movement:

A Walks > foot rolls > straight legs > backwards running > piston hamstrings > A skips > carioca

Finally we run some strides to potentiate by converting the drills into running, this could also be in the form of Indian File running.

The session – will depend on the time of year and race etc etc. I have attached a separate sheet with example training sessions.

Warm down, now is the time to stretch statically, reduce any knotting in muscles, important to start to recover by taking in some good quality food now as this will help the repair process.

Training Theory and Principles (simple version!)

So to run a race you need to practice running faster, slower and at race pace, very simple!

The above is the same if you are Mo Farah or someone trying to break 20 mins for 5k, which is good as it keeps the basics of coaching the same!

So does your training contain a mixture of all paces? If your target for 10k is 40 mins (6:30 miles), there will need to be 6 min pace running in your schedule as well as 6:30 and 7 plus, the amount of each ingredient to make the 10k pb cake needs to be correct, too much of any and it will not reach expectations.

Several factors will decide the mix, running age, fitness level, expectations would be the main ones.

All training should have a purpose:

- Steady runs - Improve running efficiency.
- Anaerobic work (tempo, long repetitions eg faster than race pace) Improve lactate clearance and raise the speed at which lactate build up occurs.
- Hilly runs and hills - Improve strength and bio-mechanics.
- Long Runs – Improve aerobic capability, running efficiency.
- Recovery Runs – to help clear waste products from the body and prepare for harder session.

Of course each type of training will have effects on other systems to a lesser extent but we are looking at the main improvement area.

All training needs to be progressed, there are 3 variables in any session:

- Volume
- Speed or intensity
- Recovery

Only adjust one parameter to make increase the overall of the session intensity session at any one time.

Types of Training.

The main body of work for any road runner is steady running, at the correct pace, longer runs.

But we need to add some variety to this work, the other ingredients to our cake mix.

Tempo – What is tempo pace? Well that depends on what the training session. Generally speaking it should be based on 3k or 5k pace, your mile pace for 5k plus 1 min is good, for example:

5k pb of 20 mins is approx. 6:30 miles – so tempo is 7:30 miles

So a tempo run could be 8 miles in 60 mins, the distance could start at 6 and move to 10 as you improve.

For hills I prefer a hilly circuit, preferable on grass, so this might 1 mile loops with several hills involved. Look for ways of turning hills into circuits, Caen Locks could be run from the mid-point going down to run up the hill and finish running down which I guess would be about a 700m loop.

Fartlek – Swedish speed play, often miss-used however if correctly structured it can form an excellent part of training. You can address several energy systems in one session, which in the right area can be very stimulating. It is not a good idea to run a fartlek without a plan, so as with all training have a plan in mind when you start. Types of fartlek:

- 3 x 4/3/2/1 mins at 10k pace with 1 min easy jog
- 5/1/4/2/3/3/2/4/1/5 min efforts with 1 min easy between
- Sunday Run fartlek variations of 3/2/1 easy pace/marathon pace/10kpace – no recovery just roll through the paces can be 4/2/1 etc, very Kenyan way of running.
- 7 mins steady/4 x 2 hard 1 easy / 7 mins steady / 4 x 1 hard 2 easy / 7 mins steady / 6 x 30secs hard stride 30 sec jog – you can play with the numbers here.

So your week might look like this:

M – Steady run – 5 to 6 miles

T – Tempo – 6 to 8 at tempo pace or tempo intervals.

W – Steady run – 5 to 6 miles

T – Anaerobic or tempo – for anaerobic session looking at 30 secs inside race pace eg 5 x 1000 off 90s recovery

F – Rest day

S – Hilly Circuits

S – Longer Easy run – marathon pace plus 30s per mile or long fartlek

The type of sessions will change as you roll through your training cycle

Training Session Ideas.

For tempo work:

- 10 mins warm up > 3min tempo/2min easy/4min tempo/2 min easy/5min tempo/2min easy/4 min tempo/2 min easy/3 min tempo/ 5 mins easy warm down.
- 10 mins warm up > 2mins/1min/3min/1min/4min/1min/5min/1min/4min/1min/3min/1min/2min/5min easy warm down.
- In the above the tempo pace would be more aligned to 3k pace – mile pace plus 60s again
- 30 to 60 min runs at tempo pace.

Intervals plus progressions

- 5 mins easy > 2 x (5 x 3mins at 10k pace) 1 min easy and 4 mins between sets
 - 2 x (3 x 5mins at 10k pace) 1 min easy and 4 mins between sets
 - 2 x (4 x 4mins at 10k pace) 1 min easy and 4 mins between sets
 - 3 x (3 x 4 mins at 10 k pace) 1 min easy and 4 mins between sets
- 5 mins easy > 3 x 8 mins at 10k pace with 4 mins recovery
 - Extend the reps by 1 min each time and keep the pace the same to 3 x 12 mins
 - 4 x 10 mins – increase target pace by 15 secs per mile same recovery
 - Again extend the distance but hold the time up to 4 x 12 mins.
- 6 x 1 mile at 10 k pace with alternate 2 mins and 4 mins
 - 6 x 1 mile at 10 k pace with 3 mins recovery
 - 3 x (2 x 1 mile at 10 k pace with 90 secs) 4 mins between sets
 - 2 x (3 x 1 mile at 10k pace with 2 mins) 4 mins between sets.
- 3 x (2 x 1000 @ 10 k pace with 90 secs recovery) 3mins between sets
 - 2 x (3 x 1000 @ 10 k pace with 90 secs recovery) 3 mins between sets
 - 4 x (2 x 1000 @ 10 k pace with 90 secs recovery) 3 mins between sets
 - 3 x (3 x 1000 @ 10 k pace with 2mins recovery) 3 mins between sets
 - 3 x (3 x 1000 @ 10 k pace with 90secs recovery) 3 mins between sets
 - Continue until you can run 10 x 1000 off 90secs at 10 k pace.

Repetitions – faster than race pace, eg 40 min 10k runner (4 min/k) would be running at 3:40 k pace or about 6 min/miles

- 2 x (4 x 800) 2 mins and 5 mins between sets – approx. 30 sec per mile faster than race pace, for the 40 min 10k runner the 800's would be about 3mins
 - 2 x (5 x 800) 3 mins and 6 mins between sets
 - 2 x (4 x 1000) 3 mins and 6 mins between sets
 - 3 x (3 x1000) 3 mins and 6 mins between sets
- 600/800/1000/1200/1000/800/600 – recoveries would be 2 min jog/2: 30 min jog/3 min jog/3:30 min jog/3 min jog/2:30 min jog/2 min jog
 - 600/800/1000/1200/1200/1000/800/600 - recoveries would be 2 min jog/2: 30 min jog/3 min jog/3:30 min jog/3:30 min jog/3 min jog/2:30 min jog/2 min jog
 - Same reducing recoveries by 30 secs
- 600/800/600/1000/600/1200/600/1000/600/800/600 – 600's are at 5 k pace with the alternative efforts at 10k pace – all recoveries are 3 mins to start
 - 2 x 600/1000/2 x 800/1200/2 x 800/1000/2 x 600 – the 600's and 800's at 10 k pace with the 1000 & 1200 at HM pace – recovery would be 90sec between 600's & 800's and 3 mins between sets.

Periodisation and Planning

To get the best out of your training you should plan ahead to your next target race, on the way there will be other races to help you prepare and assess your form.

Once you have identified your key race – work back to develop a programme.

Eg:

16-Sep-16	Road Relays	Aerobic Build up - increase mileage
14-Oct-16	Stroud Half Marathon	Aerobic Build up - increase mileage
11-Nov-16	Local 10 k	Aerobic Build up - increase mileage
09-Dec-16	XC Race	Add in race specific training - longer runs at target pace
06-Jan-17	XC Race	Peak mileage -
03-Feb-17		Peak mileage - maintain target pace
03-Mar-17	Reading Half Marathon	Taper to run HM well - target should be MP minus 20 secs
31-Mar-17	Local 10k	Taper mileage - runs at or better than target pace
28-Apr-17	London Marathon (3:00)	Taper - maybe add one 10k 2 or 3 weeks before
26-May-17	Rest and recover	

Races and dates are for illustration only.

From the above you can develop a monthly plan and as you have a target race pace you know the type of pace you need to be running to hit those target. The intermediate races allow you to assess progress.

Conclusion:

This is just a start and I appreciate that there will be a lot to take in, if you have an individual question you can contact me:

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Or bryan.clinton@btinternet.com

I can address questions on club training or individual training.

Tonight's training

Warm up – 10 mins easy run

Activation drills – lunges > knee hug > hamstring sweep > leg swing > pelvis rotation > half squat > hop & stick

Mobilisation - A Walks > foot rolls > straight legs > backwards running > piston hamstrings > A skips > carioca

Potentiate – Indian file for 5 mins

Session – out & Backs

5 mins at 10 k effort – stop recover 2 mins – 5 mins back to start

2 mins recovery

4 mins at 10 k effort – stop recover 2 mins – 4 mins back to start

2 mins recovery

3 mins at 5 k effort – stop recover 2 mins – 3 mins back to start

2 mins recovery

2:30 mins at 5 k effort – stop recover 2 mins – 2:15 mins back to start – need push hard to be back quicker

Recover – 4 x 200 strides

Stretch warm down