

## Hardley Runners Independent Weekly Training Sessions

Please find below a selection of training sessions for you to carry out independently. The Weekly sessions are structured to help bring back that speed & cadence to your legs. On the other hand it may just bring a change to your current training regime! **Keep Motivated & Keep Running!**

### **Week 1. June 8<sup>th</sup> Short 30 second efforts**

Choose a quiet, straight flat path or off road track. Warm up really well with easy running for at least 2 miles. Identify your start line.

- Run at a 5k pace.
- Run 5 x 30 sec's efforts. Recover by returning to the start, walking or jogging. As you settle into these efforts, lift the pace a little i.e. less than 5 k pace. You may choose to recover for 60 sec's between each set.
- Initially carry out 2 sets & review! Can you manage another a 3<sup>rd</sup> set? Cool down with an easy run.

### **Week 2. June 15<sup>th</sup> Out & Back Session**

Use a quiet flat path or off road area, ideally no less than 0.24 mile (400m) in length. Identify your start / finish line. Warm up for at least 2 easy miles.

- Run out for 1 minute / return 1 minute / 60 seconds recovery
- Run out for 90 seconds / return 90 seconds / 90 seconds recovery.
- Run out for 2 minutes / return 2 minutes / 2 minutes recovery
- Run out for 90 seconds / return 90 seconds / 90 seconds recovery
- Run out for 1 minute / return 1 minute / 1minute recovery.

The suggested running pace out 10 k & return pace 5k. The Session is continuous but you may choose to take an extra recovery for example, ½ way! Cool down easy run.

### **Week 3. June 22<sup>nd</sup> 1 Km efforts**

Use a quiet flat path or off road area with a loop of approximately 1 kilometre. Try to avoid crossing paths to often or roads to negotiate.

On the other hand, it maybe easier to run this session as a continuous circuit.

- Run 1 Km efforts x 5, 4 or 3. Recovery 2 minutes.

Suggested pace less than 5 k. A recognized way to improve your 5k time – **please see Dan's 5k Schedule on Facebook!**

Take a Cool Down easy run!

### **Week 4. June 29<sup>th</sup> Continuous Hilly Circuit**

Choose a route about 4-miles with at least 1 hill. Initially warm up for at least 2 miles.

- Run the route pushing (with speed) up the hill and recovering easily downhill. Aim to run 4 to 6 hills.

Cool down for 2 miles.

### **Week 5. July 6<sup>th</sup> Fartlek (speed play)**

Fartlek can be used within any of your normal running route. Warm up at an easy pace for 2 miles. Ensure you cool down at the end of the session

- Start to pick targets in the distance i.e. lampposts, road turnings. Off road e.g. end of tracks, bushes, hills! Aim for a pace less than 5k speed!
- As you run along your route, pick up the pace to your first target, then resume to your normal easy (recovery) pace.

Continue to repeat this action around the route, aim to run **Shorter efforts**, covering about 5 to 6 miles. By now your speed should be returning!

Cool Down – easy run!

### **Week 6. July 13<sup>th</sup> Timed Pyramids**

Again identify a quiet flat area in the Forest or use paths.

Warm up at an easy pace for 2 miles. Ensure you cool down at the end of the session.

- Here are two scenarios based on minutes.  
**a. 3, 4, 5, 5, 4, 3**                      **b. 3, 4, 5, 6, 5, 4, 3**
- The recovery between each effort is half of each effort time.
- Run just 1 set, at a pace less than your 5 k speed

### **Week 7. July 20<sup>th</sup> Run 1 mile: Fast!**

Choose a familiar flat route. Warm up really well for 2 miles or more!

- Run just 1-mile Fast timing yourself.
- Run for an easy 2 miles, to complete session. This will be repeated at a later date! Cool Down easy running for 2 miles.

### **Week 8. July 27<sup>th</sup> Hills - 5 minutes**

Identify a Hill with a respectable gradient - this does not have to be steep.

Again Warm up really well for 2 miles or more!

- Run up the hill with a good effort & recovery easy run downhill. Continue for 5 minutes.
- Take a 2-minute recovery (aim to keep moving)
- repeat x 2. Therefore, you will run 5 minute hills x 3.

Cool down easy running for 2 miles or more!

**Hopefully, before the end of this 8 Weeks we can look forward to meeting once more at Applemore Recreation Centre for Training (obviously this will be decided by England Athletics).**

**But in the meantime, stay safe, maintain social distancing & Keep Running!**

**Happy to help with any queries! Chris**