



## Hardley Runner's Independent Weekly Training Sessions

Please find below a selection of Training Sessions for you to carry out independently or within your pod or group of 6 people.

The Intensity of these sessions (load) has been slightly increased from the first 8 weeks. **Good Luck!**

### **Week 1 August 6<sup>th</sup>: Meet & Greet**

Ideally use a fairly flat loop of approximately 0.5 to 1-mile in length. This is an ideal session for 6 people.

Choose a partner with a similar running speed or match the fast runner with the steadier runner.

Start & finish in the same place, when you meet your partner, greet & run back to the start. The faster runner will cover more distance.

- Warm up for at least 2 miles, gentle running!
- Each runner to complete 4 (out & back) efforts at a pace stronger than your 5k pace.
- Cool down for 1.5 miles, followed by gentle stretching regime.

### **Week 2 August 13<sup>th</sup>: Mixed Efforts 1 kilometre & 100m efforts**

Ideally use a flat path or off road area with a loop of approximately 1 Km. 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.

- Warm up as Week 1, easy running!
- Run 1 Km efforts x 6, 5 or 4. Recovery 2 min's between each effort.
- Aim for a pace that matched the efforts you ran on July 22<sup>nd</sup> or greater than your 5k pace.
- Finish the session by running: 100 metres x 2 at a Fast Pace!
- Cool down for 1.5 miles, easy running, followed by carrying out gentle stretching.

### **Week 3 August 20<sup>th</sup>: Hills - Short 30 second Hills**

Hills can be used in a variety of ways to enhance training, the important thing do not choose a hill that is too steep, there is no significant benefit & the risk of injury is huge! Short uphill efforts strengthen the Glute Muscles & therefore improve leg strength & aerobic capacity.

- Warm up really well before this session, for at least 2-3 miles of easy running.
- Choose your starting mark & return to this for each effort.
- Run "Hard" up the hill for 30 sec's, then jog slowly downhill back to start this is your Recovery.
- Complete 4 efforts x 1 set.
- Run 4 sets, take a 2-minute recovery between each set.
- Cool down for at least 2 miles & stretch easily.



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### Week 4 August 27th: Pyramids – Timed

Identify a quiet familiar, area on or off road, flat terrain.

- Again warm up for at least 2 miles
- Here is one scenario based on times
  - 5 min: effort / 2 min's recovery
  - 3 min: effort / 90 sec's recovery
  - 1 min: effort / 90 sec's recovery
  - 3 min: effort / 90 sec's recovery
  - 5 min: effort / 2 min's recovery
- Carry out 2 sets with an extra 2-minute recovery between sets. Run at a pace faster than your 5k effort. Cool down for 2 easy miles.

This timing equates to the first session on July 13<sup>th</sup> – **Easily achievable**

### Week 5 September 3rd 1/2 mile Efforts or 800 metres

Can be used within any of your normal running routes, aim for a flat surface.

- Warm up for an easy 2 miles.
- This session is a significant training session before repeating the mile effort in 2 weeks (timing may help to pace your 1-mile effort)!
- 800m x 5, 6 or 7 at a "good pace"!
- Recovery 1.50 minutes between each effort.
- Cool down for at least 2 miles.

### Week 6 September 10th Hills: 6 minutes

Identify a hill with a respectable gradient, this does not have to be Steep to achieve a significant training outcome. The load has been increased by 1 minute per set since July 27<sup>th</sup>.

- Warm up really well for at least 2 miles, easy running!
- Mark the start & turning point on the hill.
- Run with a **Strong** effort uphill (think about running style). Recover slowly as you run downhill.
- Repeat & continue for 6 minutes.
- Recover for 2 minutes between each set.
- Cool down with easy running for 2 minutes, then carry out a variety of stretches!

### Week 7 September 17th Run 1 mile: Fast!

Choose a flat fast course & measure a 1 mile distance! You're bound to get a better time with good preparation!

- Warm up really well, at least 2 to 3 miles.
- Run 1 mile "Fast" record your time!
- Cool down for an easy 2 miles.
- Compare this mile time with the mile you ran on July 20<sup>th</sup> --- **Brilliant!**

**Unfortunately following this week's schedule we will return to Training on the Roads. There may well be some changes to the traditional format as a result of the pandemic but will keep you informed.**

**In the meantime, remember that High Viz & Keep Running!**