

Please find below a selection of training sessions you can run independently or in your pod of 6 people. The weekly sessions are structured from June 8th to improve your running fitness or as part of a training plan. If you have any suggestions, ideas or favourite sessions (just a few pointers are all that is needed) that you would like included, please let me know.

Keep Running & Keep Training! Chris

September 24th Fartlek (speed play)

Perfect for 6 runners or less. This can be used within any of your normal routes. Aim for a distance 5 to 7 miles.

Warm Up at an easy pace for at least 1.50 miles.

- Start to pick targets in the distance i.e. lamp posts, the end of roads, perhaps a hill etc.:
- Pick up the pace to reach the first target, resume a recovery pace. Carry out these efforts regularly. when you reach a hill push up the hill & recover downhill. Work as a team!
- Cool down for at least 1.50 miles.

October 1st Continuous Hills - Sprinting of the Top of the Hill.

Choose a hill which ends with a flatter stretch.

Warm up well, at an easy pace for 2 miles.

- Mark a point at the top of the hill about 30 metres from the start of the flat stretch.
- Run easily up the hill to the mark, then pick up the pace & sprint of the top of the hill to the end of the flat stretch.
- Jog recovery back downhill.

Carry out 10 times!

Cool down at an easy pace for about 1.50 mile

October 8th Out & Back session

A quiet flat road, ideally no less than 0.25 mile (400m).

This previous session (Out & Back) was June 15th, also 7 mins.

However, these efforts are shorter. If run correctly this should be a more challenging session!

Hence the need for recovery half way!

- Warm up well, at an easy pace for 1.50 to 2 miles.
- All start on the same start / finish line.
- On the outward stretch run approx.: 10k pace,
- on the return, work at a harder pace 5k or less, in order to reach the finish line in a slightly quicker time.
 - a. Out 30 secs / return 30 secs / 30 secs recovery x 2
Out 1 min: / return 1 min: / 1 min: recovery
Out 90 secs / return 90 secs/ 90 secs recovery
Recover for 1 minute
 - b. Out 90 secs / return 90 secs / 90 secs recovery
Out 1 min: / return 1 min: / 1 min: recovery
Out 30 secs/ return 30 secs/ 30 secs recovery x 2
- Complete A. & B. sets x 1

Good Easy Cool down. Take time to carry out gentle stretches.

Good Luck, please maintain social distancing & always keep safe!

Don't forget that High Viz and lights if possible!

October 15th Continuous Long Hill Session

Choose a long hill, with a gradual incline.

- Warm up well at an easy pace for 2 miles.
- 90 secs x 6
- Downhill easy recovery back to start, there is no need to time the recovery.
- These hills are continuous.

Cool down for 2 miles. Stretch!

October 22nd 400 m Efforts 1/4 mile

Select a quiet flat road. This distance is beneficial as part of a 10k training plan.

- Warm up well at an easy pace for 2 miles.
- Run 400m with "Effort "
- This distance is short & easy to hold a strong pace for this time.
- Jog recovery (or walk) for approx.: 100 m between each effort.
- Run 8 , 7 or 6 efforts.

Cool down well for at least 1.50 miles. Finish with gentle stretching.

October 29th Hills - mixed

This session will most certainly help your Dynamic Strength!

Select a long hill, as before with a gradual gradient.

- Warm up with an easy pace for approx.: 2 miles
- A. 30 secs x 3
- B. Long Hill x 1
- Repeat A + B twice more
- Recover easily downhill after each effort. Take your time
- but push "Hard "for each uphill effort. Adequate recovery is essential to enable you to push on the effort!

Cool down well by easy running at least 2 miles! Followed by Gentle Stretches!

November 5th Run 1-mile Fast (timed).

Choose a familiar flat route, if you are now running on the road at night you may see an improvement in your time! This will be your 3rd Fast Mile --- Good Luck!

- Warm up really well for at least 2 miles!
- Consider marking the start & finish of the mile mark,
- familiarise yourself with the route, markers or risks.
- Run 1 mile -- Fast
- Easy Cool down for at least 2 miles.
- Carry out a series of gentle stretches.

November 12th Run a Hilly Circuit of 6 to 7 miles.

To get the most from the session (if there is time) pre plan your route. You could easily repeat a circuit a few times !

- The emphasis here is to keep running & push hard on the uphill!
- Taking a full recovery on the downhills at an easy pace.
- Aim to run about 7 to 8 hills, the pace between each hill, able to exchange a few words or your ten mile pace!
- Warm up initially for the first 1.50 miles. Cool down well as you finish and carry out easy stretches.

Good Luck, please maintain social distancing & always keep safe!
Don't forget that High Viz and lights if possible!