

Please find below a selection of training sessions that you can run alone or with one other person, as per Government Guidelines.

As you are aware a second lock down commenced on November 5th for 1 month, hopefully after this time a Government reassessment will then show that the Corona -19 virus (R Factor) rate has reduced & we can return to running in groups of 6!

But in the meantime maintain social distancing, keep safe & keep training with your Running Buddy!

Week beginning Nov: 16th: Mara's Session

Mara Yamauchi is the second fastest British woman, Marathon runner with a time of 2hrs 23 min; 12 secs. In the past Mara visited the Hardly Runners. This session was the workshop that she coached & led for our runners!

In the past we have run this on the track, but this is easily carried out off-road or on the road. Mixed efforts will help to sharpen your running pace if carried out a few weeks before a race. Ideally use a flat route.

Easy warm up for 2 miles.

- Run 3 mins at your 10 k pace.
- Recover for 2 minutes
- Run 1-minute x 3 faster than your 5k pace. Recover for 1 minute between each effort.

Carry out the above set x 2.

Cool down for 1.5 to 2 miles.

Week Beginning November 23rd: Continuous Long Hills

Choose a Long hill with a gradual gradient, off- road or on the road. The aim of this session, to provide an Endurance boost to your running & at the same time enhance a runner's dynamic strength.

Warm up really well beforehand, by easy running for at least 2 to 2.50 miles.

- Pace yourself well, these hills are long & demanding. The aim to sustain a constant pace through out each effort.

2 minutes x 5

- Recover at an **easy** pace downhill, in readiness to pick up the pace once more for the next uphill effort.

Cool down for 2 miles at an easy pace.

Ensure you follow this session with a variety gentle stretches.

Week Beginning November 30th: Out & Back Session

Choose a quiet flat road, no less than 400m.

Feed back from Dan Latham following the last session on October 8th

“especially enjoyed it, as being out front when we turned around & headed back with a 5k effort, I had 5 runners to chase down “

As before the complete session equals 7 minutes' effort as on June 15th & Oct 8th but different format!

Good Easy warm up at least 2 miles

- All start on the same start / finish line
- Aim to run the outward stretch at a 10 k pace on the return work harder by lifting the pace to 5k or less.
- Run 1 min: out / 1 min: return. Recover for 1 minute
- Run 30 sec's out / 30 sec's return. Recover 30 to 60 sec's x 2
- Run 1 min: out / 1 min: return. Recover for 1 minute
Take a 1 to 2-minute recovery
- Run 90 sec's out / 90 sec's return. Recover for 90 seconds.
- Run 30 sec's out / 30sec's return. Recover for 30 to 60 seconds x 2
- Run 90 sec's out / 90 sec's return. Recover for 90 seconds.

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

Week Beginning December 7th: Hills - Mixed

Select a long hill, with a gradual gradient. We last ran this session on Oct 29th

The feedback from Charmaine, Paul & Kate was positive, the amount of efforts was suitably challenging!! Therefore, the session is as before.

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!

Week Beginning December 14th: Take the Lead -1km & 100m Efforts

Identify a flat fast route. This session was run on August 2nd, but independently. Can you improve on these times by running with a leader! Besides helping to improve your overall running fitness this session will help to improve your 5k time (if repeated regularly).

Running in twos, each runner takes the Lead for both 1km & 100m efforts.

Warm up at an easy pace for at least 2 miles.

- 1. 1km x 5 with 90 secs recovery between efforts
- 2. 100m x 4 [R] 60 sec's
- Run 1 set.
- Run 1. & 2. efforts at a Good pace, don't lose your partner!

Cool down for at least 2 miles. Gentle stretching.

Merry Christmas to Everyone!

January 7th: Hilly Course: Happy New Year!

To start 2021 as a reasonably easy training session, run 5 to 7 miles targeting 1 hill for each mile run! Applying a Good effort on the Up - hills and recovering Downhill.

Aim to run short & long hills! Warm up with an easy pace before hand & Cool down well.

January 14th: Efforts: 800 metre

Choose a flat quiet road or off road area. The 800m is a good training distance for 10k's to marathon distance.

Warm up and Cool down after the session for at least 2 miles at an easy pace.

- 800m x 6 (or 5) [R] 100 m
- See pacing Chart: By aiming to achieve a constant 800m time (give or take a few seconds) during this training session, it is possible you could eventually improve your mile time !

Pacing Chart

400	800	1km	mile
2 :18	4.47	6:07	10:0
2 :04	4: 19	5:30	9 :00
1 : 58	4:04	5:12	8:30
1..51	3 :50	4:53	8: 00
1: 44	3:35	4:35	7:30
1: 37	3: 21	4:17	7: 00
1 :30	3:07	3:58	6:30
1:23	2:52	3:40	6:00

January 21st: Run 1- mile Fast (timed)

Choose that previous flat route that you ran on November 5th.

Check the route for any potential risks. Identify a Start & Finish point.

Take a good Warm up at least 2 miles at an easy pace,

- Run a few long strides at your mile pace for 25 metres x 2
- Run 1- mile Fast

Cool down for 2 miles & carry out easy stretches.

Good Luck, please maintain social distancing, stay safe & well!

Don't forget that High Viz !

Keep Running & Training!