

## Independent Training Sessions

25 January to 19 March 2021

Well here is the 5<sup>th</sup> set of Independent Training Sessions, little did many of us realise they would become part of our running week for the best part of a year! But thankfully due to our brilliant scientists, N.H.S & politicians there is now light at the end of the tunnel! You can run these sessions alone or with a running buddy, please keep maintaining that social distancing as per government guidelines!

### ***Week beginning January 25<sup>th</sup> 2021      Short, Steep Hill Repetitions***

Choose a Hill, short & quite steep.

Short steep hills can be a major conditioning element to your strength & strength-endurance training. If you evaluate the movement patterns involved in short hill bursts you will see they challenge the large muscle groups used in classic drills that we promote so frequently at training, for example lunges & squats.

Warm up really well, an easy run for at least 2 miles followed by high knee drills with increasing intensity.

Run up for 25 seconds at high intensity, with a turnaround and jog back recovery of 45 seconds.

6 to 8 efforts x 2 sets.

Recover for approx.: 90 sec's between each set

Cool down well at an easy pace, followed by simple stretches

### ***Week beginning February 1st      Fartlek Session - 5 miles***

Following Hanna's 5-mile fartlek route, there is no better time to challenge yourself with this route on the road starting & finishing outside Apple more Recreation Centre or any other point on route. <http://hardleyrunners.co.uk/documents/Five-mile-route.pdf>

For those folk who do not live near Hythe, why not use the 5mile route you have devised for this January's virtual CC6!

- Warm up with easy running before hand.
- Fartlek for our new people is speed play, here you lift the pace & then take a jog recovery at various points around the route. There are a few long hills to work on as you run around the route, recover on the downhill but keep running! You can do this!
- Cool down with easy running! Record your time

### ***Week beginning February 8th      Hills - Mixed***

Select a reasonably long hill, with a gradual gradient. We last ran this session in October & December 7<sup>th</sup>.

The effect of this training should be evident in about 2 weeks post session.

You can do this!

Warm up well with easy running for at least 2 miles.

- Carry out some drills High Knees, starting easy & increasing the speed 15 metres x 3.
- 25 seconds x 4 plus 60 seconds x 2 is 1 set
- Run 2 sets. Recover for 90 seconds between each set.

Cool down easy running for at least 2 m

## ***Week beginning February 15<sup>th</sup> Timed Pyramids and a Timed Mile***

Pyramid Training is a great example how timed intervals can be used to improve your speed endurance!

This will be your 3<sup>rd</sup> pyramid session (previous on July 13<sup>th</sup> and August 27<sup>th</sup>). This session is different as the timings are significantly less, but as they are less you can work at a greater pace! The overall times are as before.

This session can be run on or off road, aim for a flat easy terrain.

Warm up at an easy pace for at least 2 miles

- 1 min: hard / 60 sec's recovery
- 2 min: hard / 90 sec's recovery
- 3 min: hard / 90 sec's recovery
- 4 min: hard / 90 sec's recovery
- 3 min: hard / 90 sec's recovery
- 2 min: hard / 90 sec's recovery
- 1 min: hard / 60 sec's recovery

Run just 1 set.

Cool down by running at least 2 miles easy.

**Later in the week try a timed mile** as hard as you can and report the time to Chris Harris. Not only is the 1 mile run " Hard " a valuable part of an athlete's training plan , this is all good preparation for the future / next Mile of Miles! At the moment we have time to prepare why not go for it , let's relive 2018! What an Amazing evening when Hardley Runners won the Trophy! " See this page and scroll down to 27 June 2018 for the glorious result [http://www.hardleyrunners.co.uk/Results\\_2018.php](http://www.hardleyrunners.co.uk/Results_2018.php)

## ***Week beginning February 23<sup>rd</sup> Continuous Long Hills***

Following on from the short hills efforts its time to return to those long hills! Kate & I remember this session well, especially the last effort, my breathing was rhythm less but somehow I managed to travel a little further up the hill!

Return to that long hill with the gradual gradient. You ran this session on November 23<sup>rd</sup>, you have run a lot of hills to date, so go for it!

- Warm up at an easy pace for at least 2 miles.
- Maintain a constant pace through out each effort.
  - 2 min's x 5
- Recover downhill after each effort & at once attack that hill!
- Cool down for at least 2 miles, carry out gentle stretches.

## ***Week beginning March 1<sup>st</sup> 8 Minute Efforts***

This is a bread & butter session for anyone training for a 10km up to marathon. If you plan to repeat, suggest only every 2 weeks. Ask yourself can I keep this pace going for an hour.

- Warm up at an easy pace.
- Run 3 x 8 minutes at a perceive effort, not on pace.
- Cool down

## **March 8th      Continuous Hills – Sprinting of the Top of the Hill**

Choose a hill, with a flatter good stretch at the top, on or off road.

So often we all suffer at the top of a hill, this session will help to sustain the effort required to overtake your fellow runner in a race. We ran this session during the week of

October 1st, go on by now you can do even better!

- Mark a point at the top of the hill about 30 metres from the start of the flat stretch.
- Warm up at an easy pace for about 2 miles.
- Run uphill easily to mark, then lift the pace & sprint off the top of the hill to the end of the flat stretch.
- Carry out 10 times, recover gently downhill after each effort.
- Cool down for 2 easy miles. Carry out gentle stretches.

## **Week beginning March 15th      Run 1 Mile Hard or 3 x 1 Mile Efforts**

To finish, have you run Mick & Jan's 5k route?

Please see the training page or follow this link

<http://hardleyrunners.co.uk/documents/5k-route.htm>

By breaking this distance down, it could just help to improve your 5k time! But you would need to carry out this session regularly.

- For either session warm up well at an easy running pace, aim for 2miles.
- Run 3 x 1 mile a "Good "pace, with consistent times.
- Take an active recovery after each effort 1.50 - 2 minutes.
- For the 1 Mile effort Warm Up & Cool Down as above. But run a "Hard "pace!
- Has your mile time improved since you last ran a mile on January 20th?
- Please report your time to Chris Harris so she can monitor how we are getting on.

Good Luck One & All!

Try & keep motivated it's pretty tough going at present, by running these sessions each week, it may help a little!

All the Very Best & Keep Going!

Chris