

Independent Training Sessions No: 7

With the possibility of the RR10s and parkruns starting at the end of June, the following weekly Challenging Sessions will put you in good stead for a Great Position & Season !

A happy runner gave some feedback after the last series, "Thanks Chris Harris for supporting people like me who can't make it to our regular training sessions."

Chris says, "Please keep the comments coming. To enable me to evaluate the success of these sessions as part of your training week, it would be helpful to receive the occasional feedback."

May 24th Continuous Long Shallow Hills / Fast Finish

Choose a shallow long hill, ideally which becomes steeper at the end.

- Warm up well, for at least 2 miles at an easy pace.
To get you in the zone before you start, run up the hill at an increase pace (also increase the heart rate a little).
- Run for approx.: 2 min's (400m) uphill using a slightly extended fluent stride, as you see the crest / finish increase the pace (you may have to shorten the stride).
- Repeat 6 times.
- Recover taking a few steps & then slowly jog downhill to the start & repeat.
- Cool down by walk then easy jog for 1.5 to 2 miles.
- Gentle stretches, paying attention to the calves.

May 31st 1 KM Efforts

Check out a flat quiet loop, on road. Identify the start & finish, perhaps using a house / garden!

- Warm up well for at least 2 miles. Take a few faster strides before you start
- Run 1 KM at a good pace, less than your 5k pace
- Maintain this until to reach your finish point.
- To achieve the best results from this training session, aim for consistent times. You could make a note of these times for future reference
- Carry out 1Km x 6. Recover for 90 seconds (keep moving).
- Cool down walk then easy jog for 1.5 to 2 miles and some Gentle Stretches.

June 7th 5-mile Familiar Route Mixed Terrain

Testing your Strength Stamina & Foot work! Use a familiar favourite route, which include uphill stretches and at least 2 quality flat areas.

- Warm up well for at least 2 miles at an easy pace.
- Settle into the route, perhaps even pre plan those favourite areas you will apply effort!
- Covering 5 miles, as you run the route pick up the pace for ½ mile uphill & 1 mile stretches on the flat. After each effort do stop recover, but walk & repeat. Remember these start & stop points for next time!
- Carry out at least 5 efforts on the route!
- Cool down for at least 2 easy miles.

June 14th **Mixed Hills**

Choose a long hill with a gradual elevation. The aim of this session to increase the speed up the hill as the efforts become shorter. It's a "tough" session but this your second attempt, so it should be a little easier!

- Warm up with an easy pace for at least 2 miles.
- You may choose to take an easy run up the hill using long strides before the efforts.
- Carry out a couple of gentle calf stretches for each leg.
 - 5 x 1 minute.
 - 5 x 45 sec's
 - 5 x 30 sec's
- Take an Easy jog back recovery to the start & repeat to complete the set.
- Following each set take a 2-minute recovery, keep moving by walking or an easy jog.
- Cool down well by 1.5 to 2 miles of easy running.

June 21st **Timed Pyramids**

Choose a flat route. You could use a playing field, perhaps set out cones or sticks to form a large circle. This session is worth the preparation!

- Warm up with an easy pace for at least 2 miles.
- Effort:
 - 30 sec's
 - 60 sec's
 - 90 sec's
 - 60 sec's
 - 30 sec's

Between each effort take a jog recovery of 30 sec's .

- Run 2 sets. Between each set take a 2-minute recovery
- If running with a partner, consider sharing the timing!
- Cool down for at least 1.50 miles easy running.

June 28th **Continuous Short Hills - Strength Work!**

Hills can be used for a variety of ways to enhance your training, 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 Gluteal Muscles & therefore prevent injury, improve leg strength & Aerobic capacity.

Warm up really well, at least 2 miles to 3 miles of easy running.

Carry out a few easy strides uphill & remember those easy calf stretches.

- 25 sec's x 5 [3 sets]
- Push up hill "hard" the effort is minimal!
- Recover on the downhill really easy jogging.
- Following each set recover for 2 minutes –keep moving!
- Cool down for at least 2 miles.

July 5th **A Steady 5K Run with Efforts**

Select a flat 5 K Route, road or off road. The aim to run this session at a medium pace or Steady pace (7/10 exertion).

- Warm up for 1 mile at an Easy pace.
- Then start the 5K run at your steady pace when you arrive at the half way point
- Pick Up the pace by adding
- 6 x 20 to 30 minute efforts (80 -85% exertion).
- Recover for 1-minute running at the Easy pace.
- Then return to complete the 5K at your Steady pace.
- Cool down for 1 to 2 miles.

July 12th **Run 1 Mile "Hard"**

Use your usual 1-mile Route.

- Warm up really well for at least 2 miles or until your breathing becomes effortless!
- Carry out a few fast strides
- Then run your 1 miles Effort "Hard"
- By now you will have a good idea how to pace this mile!
- Cool down for 1 to 2 miles & Stretch!

When you have time, forward those results & any comments you may have to improve these sessions!

Keep Training!

Coach Chris Harris

Email energybar6@btinternet.com