




















TRAINING PROGRAMME – November 2023

Week of	MON	TUES 6.30pm (Track)		WEDS	THURS 6.30pm		FRI	SAT 9.00am (Track)		SUN 9.00am
30 th Oct	Rest / Easy Run		TRACK: 10k Relay (in pairs) 25 x 400m (alternating with partner)	Race: Exmouth 5mile / 5km Series		DEER PARK: Kenyan Hills 4 x 7mins - with 2min rest after each interval (Recommended to stop at two or three repeats if racing at weekend)	Rest / Easy Run		5k IMPROVERS CLUB - 2 Mile Time Trial / Test 1 mile warm up, strides and dynamics. Short rest then time trial	Race: Bideford 10 Miler
			Overview: 400m fast followed by 400m rest (during time it takes your relay partner to complete their lap). Batons will be provided! Celebrate your final combined 10k time at the end.			Overview: Loops of short hilly circuit around Deer Park, practising running hard for short periods of time (7min). Ideal preparation for Cross Country.			Overview: If you have a target or stretch goal 5k time you are working towards, a two-mile time trial is a great way to assess current fitness and also to understand where you need to focus future training	
6 th Nov	Rest / Easy Run		TRACK: 1500m Compounds 3 x (800m + 700m) 45 sec - 4 min sets	Rest / Easy Run		MEADOWS: Kilometre repeats 6 to 8 x (1km loops with short hill) 2min recovery	Rest / Easy Run		5k IMPROVERS CLUB – Building Speed 6 x 150m (50m walk recovery) / 3 x 300m (100m walk) 1 x 600m	Long Run
			Overview: Chance to go out more aggressively on pace for 1500m distance, with small break near middle. Aim to stay strong and keep speed for second part (700m)			Overview: Start at by Café / Hut, run down, turn across bridge, turn left past skate park up short hill and then back over town-bridge and under arch to hut (as per finish of town relay route)			Overview: Shorter, sharp intervals to improve leg speed / cadence, encouraging good running form.	

Week of	MON	TUES 6.30pm (Track)		WEDS	THURS 6.30pm		FRI	SAT 9.00am (Track)		SUN 9.00am
13 th Nov	Rest / Easy Run		TRACK: Fast Finish 600s 9 x 600m (with 2min recovery after each) First 3 – 100m fast finish Second 3 – 200m fast Last 3 – 300m fast	Rest / Easy Run		WHITCHURCH: Down Road – Hill Repeats Set 1: 5 x 1m; Set 2: 5 x 45sec / Set 3: 5 x 30sec; Set 4: 1 x 3min (jog down recovery each time) (2 min rec. after each set)	Rest / Easy Run		RACE: Tavy 5 (Monthly 5k race around college and park, starting and finishing on the track) From 8.45am registration 9.15am start	Race: Westward League Cross-Country Newquay
			Overview: This one is all about practising that fast finish and having the confidence / belief to kick for home from further out, rather than on last bend or last 100m.			Overview: Hill repeats are a great way of building strength and power, and also help develop good habits for running economy.			Overview: Registration from 8.45am, race start 9.15am, chance to test your overall fitness, go for a personal best, or just kickstart your weekend with an active start	
20 th Nov	Rest / Easy Run		TRACK: Yasso 800s Main Session: 6-8 x (800m fast, 400m jog recovery) Continuous running	Rest / Easy Run		MEADOWS: Mile repeats 3 to 5 x (1 mile) 3min recovery	Rest / Easy Run		5k IMPROVERS CLUB – Building Stamina 4 x 1mile splits at (200m fast / 200 slow / 400m fast / 400m slow / 200m fast / 200m slow)	10-11mile Longer Run: Drakes Trail From College To Horrabridge up Jordan Lane back via Plaster Down &Whitchurch <i>(Spring Marathon prep)</i>
			Overview: A great test of speed and endurance in one session. Also works as a diagnostic session to set a benchmark of current fitness to repeat in 2-3 months' time. Remember the 400m part is an easy / relaxed jog).			Overview: Classic lactate threshold session, sustaining a pace that is comfortably uncomfortable! Train your body to more effectively clear lactate.			Overview: With a 2 lap warm up and warm down, a total of 5miles continuous running, including 2 miles at higher pace, getting used to run beyond 5k race distance	

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27 th Nov	Rest / Easy Run		TRACK: Track: Speed Progression 3 x 2km (Faster after each of the five 400m laps) 3min rec. after each 2km	Rest / Easy Run		FARTLEK RUN: Towards Peter Tavy (out and back) 1mile easy, followed by 10 x (1min fast / 2min easy), then easy pace before 5min fast finish to complete session <i>(Head torch recommended)</i>	Rest / Easy Run		5k IMPROVERS CLUB – Finding Your Race Pace 3km (5min rest) 2km (5min rest) 1 km (end)	Race: Westward League Cross-Country Exeter
			Overview: An opportunity to get better at judging pace and effort, learning how to gradually push up your speed for a strong finish			Overview: Up to 10k of running including 15mins at fast pace / effort, with chance to put in shorter, sharper accelerations for 60secs.			Overview: Taking average pace across the 3/2/1 km session is used set or benchmark a target time for running a 5k race.	

Symbols:

	<p>Main focus of session is to develop / impact on VO2 max* (the maximum or optimum rate at which the heart, lungs, and muscles can effectively use oxygen during exercise.</p> <p>This involves:</p> <ul style="list-style-type: none"> • Either running intervals of around 3-5mins at 3k to 5k pace followed by a few minutes recovery (for example 6x 3mins with 90sec rest) OR • Even faster, short intervals at mile pace or above with minimal recovery (for example 3x (10 x 30sec with 15sec recovery)) • Or a hybrid of the two (for example 1500m compound – 800m with 45sec rest, followed by 700m))
	<p>Primary focus of session is on improving lactate threshold*, either:</p> <ul style="list-style-type: none"> • Running continuously for 20-30mins (tempo run just below threshold) OR • Longer intervals (like mile repeats) followed by recovery (also includes our Kenyan Hills!) OR • Speed progression runs (like 2km or 5 laps – starting below threshold pace and gradually increasing) <p>Threshold pace is sometimes described as the pace one could sustain for up to an hour.</p>
	<p>Main focus of run is on improving running economy / efficiency. Drills, strides, and strength & conditioning - all help RE, but in terms of actual running, it can be enhanced by either:</p> <ul style="list-style-type: none"> • Longer runs, or building gradually the frequency and overall time / distance you run each week AND • Running short repeats (typically 100-400m) at a fast pace – which encourages higher cadence and good running form
	<p>Diagnostic session – enables measurement of progress against fitness or race goal (if run in same way), and can be repeated as a future session to help assess change overtime. Includes our races!</p>

**Accurate measurement of VO2 max and Lactate Threshold requires either laboratory test, or sampling of blood – however when determining what pace to run tempo / threshold sessions at, running calculators can give you a reasonable estimate based on recent training / race results (See for example:*

<https://www.mcmillanrunning.com/>

