

TBAC Endurance Training Programme (Seniors) – January 2019

Thur 3/1	1600m @ 10K pace (60s recovery), 10 x 400m @ 3K pace (60s recovery), 1600m @ 10K pace Winter Route 12 (road runners)
Sat 5/1	10 min easy (HR 60-70% max), 10 min steady (HR 70-80% max), 5 x (2 min @ 3km pace, 2min jog) 10 min steady, 10 min easy.
Sun 6/1	SWest XC Champs, Yeovil or 15 to 25km (~2:00hrs) Easy – HR 60-70%, water but no carbs
Tues 8/1	5K Time Trial or 2 x 1200m @10K pace (3 min jog recovery), 2 x 800m @ 5K pace (2 min jog recovery), 6 x 400m @ 3K pace (1 min jog recovery). Winter Route 15 (road runners)
Thur 10/1	Hill reps (~10% incline) with jog down recoveries twice the duration of the uphill efforts (Quarry Road), 15s, 20s, 25s, 30s, 35s, 40s, 45s, 50s, 55s, 60s, (3 minutes recovery), 60s, 55s, 50s, 45s, 40s, 35s, 30s, 25s, 20s, 15s, or 3 x ((3 x 600m @ 5K pace (90sec recovery)), 1 x 200m @ 3K pace) 3 min /400m jog recovery between sets Winter Route 16 (road runners)
Sat 12/1	5 minute warm up jog, 30 minutes steady (HR 70-80% max), 30 minutes easy (HR 60-70% max).
Sun 13/1	20 to 30km (~2:15hrs) Easy; [consider 1 x 5k MRP; and/or last 5k HMRP] water plus gels
Tues 15/1	10 min @ 10km pace (2 min recovery), 5 x 800m @ 5K pace (2 min recovery), 10 min @ 10km pace. Winter Route 1 (road runners)
Thur 17/1	2 sets (12 x 300m @ 5km pace (45 secs/100m jog recovery)) 3 minutes/1 lap jog recovery Winter Route 2 (road runners)
Sat 19/1	20 min steady (HR 70-80% max), 6 x 60sec efforts (60sec jog), 20 min steady.
Sun 20/1	15 to 25km (~2:00hrs) Easy – HR 60-70% [consider last 5k HMRP], water but no carbs
Tues 22/1	10 mins @ 10km pace (2 mins recovery), 12 x 400m @ 5K pace (1 min recovery), 10 mins @10km pace. Winter Route 3 (road runners)
Thur 24/1	Hill reps (~10% incline) 2 x (10 x 30 sec with 60sec jog down recoveries) 2 min recovery between sets (Quarry Road) or 2 x (7 x 500m @ 5K pace (100 jog on recovery)) 3 minutes/1 lap jog recovery between sets Winter Route 4 (road runners)
Sat 26/1	10 - 12km with alternating km at HMRP and MRP pace.
Sun 27/1	20 to 30km (~2:15hrs) Easy; [consider last 5k HMRP] water plus gels

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Tues 29/1	2 x 400m @ 3K pace (1 min recovery), 5 x 1200m @ 10K pace (2 min recovery). Winter Route 5 (road runners)
Thur 31/1	1600m @ 10K pace (60sec recovery), 20 x (200m @ 1500m pace (30sec recovery)), (60 sec recovery) then 1600m @ 10K pace Winter Route 6 (road runners)
Sat 2/2	10 minutes warm up, then 6 to 10 x 2 minute strong uphill (~ 5 - 10% incline) efforts with jog down recoveries. Then 20 minutes MRP (heart rate 70-80% max) then 10 minutes cool down jog.
Sun 3/2	15 to 25km (~2:00hrs) Easy – HR 60-70% [consider last 5k HMRP], water but no carbs

MRP – Marathon Race Pace

HMRP – Half Marathon Race Pace