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| Sat 29/8 | 10 min warm up; then 25 min @ Steady Pace (MRP) (75–80% max HR); 20 min @ Tempo pace/HMRP (75-85% Max HR); 10 min @ 10km pace (80-90% Max HR); 3 to 5 min @ 5km pace (85-95% Max HR); 5 min cool down followed by stretching. |
| Sun 30/8 | 20 to 30km ideally off road (~1:30 – 2:30 hrs) Easy pace (65-75% Max HR); [attempt last 5k MRP] water/electrolytes plus gel(s) if required. |
| Tues 1/9 | TBAC 5km Virtual Time Trial (complete by Sat 5/9) and/or  **Meet at St Johns Fields for TBAC coached session (socially distanced):**  10 min warm up with running drills; 10 min @ 10km pace (2 min recovery), 3 x (800m (approx.) @ 5km pace (60 sec recovery), then 400m (approx.) @ 1500m pace (2 min recovery)), 10 min @ 10km pace; 5 min cool down followed by stretching or  Guided TBAC Summer Trail Route 5 or Winter Road Route 5 (see TBAC website) |
| Thurs 3/9 | 10 min warm up; then 6 to 8 x 1200m @5k pace (2 min recovery); 2 x 200m fast (90 sec recovery); 5 min cool down followed by stretching. or  10 min warm up; then 5 x 8 min efforts at increasing pace (1st MRP; 2nd HMRP; 3rd Tempo [10mile race pace]; 4th HMRP; 5th MRP); 2 min jog on recovery between reps; 5 min cool down followed by stretching. or  TBAC Summer Trail or Winter Road Route of choice (see TBAC website) @ Tempo pace (75-85% Max HR) |
| Sat 5/9 | 5 min warm up; then 70 minutes @ Steady pace (70-80% Max HR) with 5 x 5min alternating faster efforts; 5 min cool down followed by stretching. |
| Sun 6/9 | 20 to 30km ideally off road (~1:30 – 2:30 hrs) Easy pace (65-75% Max HR); [attempt last 5k MRP] water/electrolytes plus gel(s) if required. |
| Tues 8/9 | **Meet at St Johns Fields for TBAC coached session (socially distanced):**  10 min warm up with running drills; 4 to 5 x (4 x (400m (approx.) @ 3 to 5k pace (30 sec recovery))) 3 minutes recovery between sets; 5 min cool down followed by stretching or  3 x (800m (approx.) @ 1500m pace (90 sec recovery); 200m (approx.) (fast); 5 min recovery between sets; followed by 10 min slow jog recovery; then 4 x 400m (approx.) fast (2 min recovery).  TBAC Summer Trail Route 6 or Winter Road Route 6 (see TBAC website) |
| Thurs 10/9 | 10 min warm up; then 1600m (approx.) @ 10km pace (90 sec recovery), 10 to 20 x 200m (approx.) @3 to 5k pace (30s recovery), 1600m (approx.) @ 10km pace; 5 min cool down followed by stretching or  10 min warm up; then 3 x 12 min efforts at increasing pace (1st MRP; 2nd HMRP; 3rd Tempo [10mile race pace]) 2 min jog on recovery between reps; 5 min cool down followed by stretching. or  TBAC Summer Trail or Winter Road Route of choice (see TBAC website) @ Tempo pace (75-85% Max HR) |
| Sat 12/9 | 5 min warm up; 50 minute run preferably hilly @ Steady pace (70-80% Max HR) with 25 minutes Fartlek (Fartlek is faster efforts of 15-90 seconds with recovery as you feel necessary); 5 min cool down followed by stretching. |
| Sun 13/9 | 20 to 30km ideally off road (~1:30 – 2:30 hrs) Easy pace (65-75% Max HR); [attempt last 5k MRP] water/electrolytes plus gel(s) if required. |
| Tues 15/9 | **Meet at St Johns Fields for TBAC coached session (socially distanced):**  10 min warm up with running drills; 3 x 800m (approx.) @ 10k pace (90 sec recovery), 4 x 400m (approx.) @5k pace (90 sec recovery), 3 x 800m (approx.) @10k pace (90 sec recovery); 5 min cool down followed by stretching. or  10 min warm up; 3 x (800m (approx.) fast (60 sec recovery); 200m (approx.) fast) 5 min recovery between sets; followed by 10 min slow jog recovery; then 3 x 400m (approx.) fast (2 min recovery); 5 min cool down followed by stretching. or  TBAC Summer Trail Route 7 or Winter Road Route 7 (see TBAC website) |
| Thurs 17/9 | 10 min warm up; 2 x (6 x 600m (approx.) @ 5k pace (90 sec recovery) 3 minutes recovery between sets; 5 min cool down followed by stretching. Or  10 min warm up; 5 x 8 min efforts at varying pace (1st MRP; 2nd HMRP; 3rd Tempo [10mile race pace]; 4th HMRP; 5th MRP) 90 sec recovery between reps; 5 min cool down followed by stretching. or  TBAC Summer Trail or Winter Road Route of choice (see TBAC website) @ Tempo pace (75-85% Max HR) |
| Sat 19/9 | 5 min warm up then 5 to 6 mile run, preferably hilly @ Tempo Pace (HR 80-85% max); 5 min cool down followed by stretching. |
| Sun 20/9 | 20 to 30km ideally off road (~1:30 – 2:30 hrs) Easy pace (65-75% Max HR); [attempt last 5k MRP] water/electrolytes plus gel(s) if required. |
| Tues 22/9 | **Meet at St Johns Fields for TBAC coached session (socially distanced):**  10 min warm up with running drills; 1600m (approx.) @10k pace (90 sec recovery), 10 x (400m (approx.) @ 3 to 5k pace (60 sec recovery)), 1600m (approx.) @10k pace 5 min cool down followed by stretching. or  10 min warm up; 3 x (600m (approx.) fast (60 sec recovery); 200m (approx.) fast) 5 min recovery between sets; followed by 10 min slow jog recovery; then 3 x 400m (approx.) fast (2 min recovery); 5 min cool down followed by stretching. or  TBAC Summer Trail Route 8 or Winter Road Route 8 (see TBAC website) |
| Thurs 24/9 | 10 min warm up; 5 x (4 x (300m (approx.) @ 3 to 5k pace (30sec recovery))) 3 minutes recovery between sets; 5 min cool down followed by stretching. or  10 min warm up; 4 x 2km @ Tempo pace (75-85% Max HR) with 90 sec jog on recovery; 5 min cool down followed by stretching. or  TBAC Summer Trail or Winter Road Route of choice (see TBAC website) @ Tempo pace (75-85% Max HR) |
| Sat 26/9 | 5 min warm up; Then 10 to 12 km @ Steady pace (75-80% max HR) to include x2 significant hills eg Bathwick Hill or Widcombe Hill @ Tempo pace (80-85% Max HR); 5 min cool down followed by stretching. |
| Sun 27/9 | 20 to 30km ideally off road (~1:30 – 2:30 hrs) Easy pace (65-75% Max HR); [attempt last 5k MRP] water/electrolytes plus gel(s) if required. |
| Tues 29/9 | **Meet at St Johns Fields for TBAC coached session (socially distanced):**  10 min warm up with running drills; 5 x 1600m (approx.) @ alternating 10k/5k/10k/5k/10k pace (3 min jog recovery); 5 min cool down followed by stretching or  10 min warm up; 3 x (800m (approx.) fast (60 sec recovery); 200m (approx.) fast) 5 min recovery between sets; followed by 10 min slow jog recovery; then 3 x 400m (approx.) fast (2 min recovery); 5 min cool down followed by stretching. or  TBAC Summer Trail Route 9 or Winter Road Route 9 (see TBAC website) |
| Thurs 1/10 | 10 min warm up; 6 to 8 x (300m (approx.) @ 5k pace (45sec recovery), 300m (approx.) @ 3k pace (45sec recovery), 200m (approx.) fast); 3 minutes jog recovery between sets; 5 min cool down followed by stretching. or  10 min warm up; 5 x 8 min efforts at varying pace (1st MRP; 2nd HMRP; 3rd Tempo [10mile race pace]; 4th HMRP; 5th MRP) 90 sec recovery between reps  TBAC Summer Trail or Winter Road Route of choice (see TBAC website) @ Tempo pace (75-85% Max HR) |

**MRP – Marathon Race Pace HMRP – Half Marathon Race Pace**

**Training Zones**

**Recovery Running**

These runs should be carried out at the minimum intensity to increase blood flow to aid muscle repair. By their nature these are shorter sessions where the goal is to feel less tired and sore as the run progresses. If this cannot be achieved then it is likely that a rest day is needed.

**Easy Running**

These runs will normally make up the majority of your mileage. The effort level will still be low. You shouldn’t be out of breath at all and you will be comfortably able to hold a conversation. Easy runs allow you to build up a mileage base without increasing fatigue or the risk of injury. It is often helpful to run for time rather than distance on these runs and work to a heart rate zone to ensure that the pace and effort are not too high.

**Steady Running [Marathon Race Pace]**

These sessions are generally carried out at a constant effort level equivalent to marathon pace on race day. Importantly this doesn’t always mean that the sessions themselves will be at race pace. Terrain, conditions, fatigue and many other factors can impact the actual pace. The important thing is to learn to work at an equivalent effort for extended periods. Fatigue should only be generated as a result of covering longer distances rather than through the intensity of the effort itself. The effort is often described as “comfortably hard” – the athlete should be aware of the effort level but be able to remain relaxed and not feel that they are forcing the pace.

**Tempo Run**

This is probably the session most open to interpretation by coaches and there are many variations depending on the target event and the perceived strengths and weaknesses of the athlete. From a physiological point of view “tempo” pace represents the point at which lactate levels begin to spike – the Lactate Turn Point. Properly performed this type of work can be the most effective method of improving running economy.

Practically, tempo pace sits somewhere around the pace which can be sustained for an hour. For faster athletes this can equate to either their 10 mile or fast half marathon pace. As such, true tempo runs will tend to be between 20-40 mins long. They will feel hard from early on and become increasingly difficult as they progress. A 40 min tempo performed at this intensity will be a very hard training session indeed. These sessions benefit from a good warm up with some drills and strides included. It is also sensible to include at least 15 mins of gentle running as a cool down.

**Aerobic Intervals**

These are longer repetition runs of 3-8 minutes duration. The recovery will need to be sufficient that speed and technique can be maintained throughout the session. A useful rule of thumb is 90-120s of gentle jogging between repetitions. A useful indication for trained runners would be to perform the repetitions at around 10km pace. For half and full marathon runners it will generally be more beneficial to increase the duration or total number of repetitions in the first instance rather than aiming to complete a particular session at a faster pace. The main goal of these sessions is to challenge and thus develop the aerobic system and improve the LTP. As with all of hard sessions, a thorough warm up and cool down as described above is essential

**Speed Work**

These sessions involve an anaerobic component and are also excellent for improving running form. Due to the intensity involved the repetitions will be much shorter than for aerobic intervals and require a longer recovery. Whilst the repetitions are very demanding it is important to focus on technique and relaxation to maximise their benefit. An extended warm up should be included involving a short jog, strides and drills to ensure that the athlete is fully prepared to run very hard with the minimal risk of injury. A cool down immediately after the session and the employment of good recovery strategies also reduce injury risk and help athlete prepare for coming sessions.

**Physiological description of Training Zones**

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| |  |  |  |  | | --- | --- | --- | --- | | Classification | Definition | Percentage % of Max. HR (b**.**min-1 ) | Lactate  (mmol.l -1) | | **RECOVERY** | Active recovery, post-race, technique and warm up/ down. | < 60 % | < 1.0 | | **EASY** | Extensive Aerobic, base or volume training. Central adaptations and endurance development | 60 % - 75 % | < 1.5 | | **STEADY**  **[MRP]** | Intensive Aerobic, central and peripheral adaptations. Development of speed endurance. | 76 % - 80 % | 2.0 - 3.0 | | **TEMPO** | Intensive Aerobic, central, peripheral and neural (speed) adaptations. | 81 % - 86 % | 3.0 - 4.0 | | **AEROBIC INTERVALS** | Around An-aerobic Threshold (AnT). Development of Velocity at AnT.  Peripheral and nervous system adaptations. | 87 % - 92 % | 3.0 - 7.0 | | **SPEED** | Anaerobic Glycolysis  Lactate tolerance, max.power and nervous system adaptations. | > 92 % | 8.0 - 16.0 | |