

## TBAC Endurance Training Programme (Seniors) – December 2024

<b>Sat 30/11</b>	<p><b><u>TBAC Park Run Championships</u></b> or <b>(self-guided):</b> 5 min warm up; then 20 min Steady (75-80% Max HR) HMRP/MRP pace/effort; 4 x 2 min uphill efforts (shallow gradient) jog down recoveries; 5 min Easy (60-75% Max HR) pace/effort; then 4 x 2 min uphill efforts (shallow gradient) jog down recoveries; then 20 min Steady (75-80% Max HR) HMRP/MRP pace/effort; 5 min cool down followed by stretching.</p>
<b>Sun 1/12</b>	<p><b>Meet at St Johns Fields, Norwood Ave., University of Bath Campus, BA2 7AY at 9.30am for a TBAC guided training long run (check WhatsApp group). or</b></p> <p>(Self-guided): 15 to 30km ideally off road (~1:15 – 2:30 hrs) Easy pace (65-75% Max HR); [attempt last 3 to 5k @ HMRP/MRP] water/electrolytes plus gel(s) if required.</p>
<b>Tues 3/12</b>	<p><b>Meet on Balcony, Indoor Track, STV to arrange training groups. Start 7.00pm</b> <b>Reps/Intervals - Outdoor Track (Tim Hill):</b> 10 min warm up/running drills; 4 to 5 x 1600m/1 mile @ 5 to 10km (80-95% Max HR) pace/effort (2min/200m jog recovery recovery); then 4 x 200m Fast (90-98% Max HR) pace/effort (60 sec/100m jog recovery); 5 min cool down followed by stretching. or <b>Trail/Road (DS/TH/IW/CD):</b> TBAC Winter Trail Route 5; Winter Road Route 5 (see TBAC website) <b><u>High visibility clothing and ideally head torch.</u></b></p>
<b>Thur 5/12</b>	<p><b>Meet on Balcony, Indoor Track, STV to arrange training groups. Start 7.00pm</b> <b>Reps/Intervals - Outdoor Track (Tom Hutchison):</b> 10 min warm up/running drills; then 4 to 5 x (2 x 600m @ 5km to 10km (85-95% Max HR) pace/effort (60sec /100m jog recovery); 400m @ 3km to 5km (90-98% Max HR) pace/effort) 2 minutes /200m jog recovery between sets; 5 min cool down followed by stretching. or <b>Tempo/Threshold Reps – Outdoor Track (Tom Hutchison):</b> 5 min warm up; then 40 minutes alternating 1km (approx.) or 4 mins @ 10km (80-92% Max HR) pace/effort, with 1km (approx.) or 4 mins @ Steady (70-85% Max HR) MRP/effort; 60 sec jog recovery between intervals; 5 min cool down followed by stretching.</p>
<b>Sat 7/12</b>	<p><b><u>TBAC Park Run Championships</u></b> or <b>(self-guided):</b> 5 min warm up; then 20 min @ Steady (MRP) (70-80% Max HR) pace/effort; then 10 x (1 min @ 3 to 5K (85-92% Max HR) pace/effort alternating with 1 min Easy (60-75% Max HR) pace/effort; then 20 min @ Steady (MRP) (70-80% Max HR) pace/effort; 5 min cool down followed by stretching.</p>
<b>Sun 8/12</b>	<p><b><u>**Gloucester XC League – Race 3; combined with County XC Champs, Bushy Norwood, University of Bath Campus**</u></b></p>

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	<p>or</p> <p><b>Meet at St Johns Field, Norwood Ave., University of Bath Campus, BA2 7AY at 9.30am for a TBAC guided training long run; (check WhatsApp group). or</b></p> <p><b>(Self-guided):</b> 15 to 30km ideally off road (~1:15 – 2:30 hrs) Easy (65-75% Max HR) pace/effort; [optional last 3 to 5k @ MRP] water/electrolytes plus gel(s) if required.</p>
<b>Tues 10/12</b>	<p><b>Meet on Balcony, Indoor Track, STV to arrange training groups. Start 7.00pm</b></p> <p><b>Reps/Intervals - Outdoor Track (Ilana Wigfield):</b> 10 min warm up/running drills; 1 x 1200m @ Tempo (80-87% Max HR) pace/effort (90 sec recovery); 2x 1000m @ 10km (85-92% Max HR) pace/effort (90 sec / 100m jog recovery); 2 x 600m @5km (90-95% Max HR) pace/effort (90 sec / 100m jog recovery); 2x 1000m @ 10km (85-92% Max HR) pace/effort (90 sec / 100m jog recovery); 1 x 1200m @ Tempo (80-87% Max HR) pace/effort; 5 min cool down followed by stretching.</p> <p>or</p> <p><b>Trail/Road (DS/TH/):</b> TBAC Winter Trail Route 6; Winter Road Route 6 (see TBAC website) <b><u>High visibility clothing and ideally head torch.</u></b></p>
<b>Thur 12/12</b>	<p><b>Meet on Balcony, Indoor Track, STV to arrange training groups. Start 7.00pm</b></p> <p><b>Reps/Intervals - Outdoor Track (Barry Awan):</b> 10 min warm up/running drills; <b><u>'Christmas Tree' Pyramid</u></b> @ varying pace: 800m, 600m, 700m, 400m, 500m, 200m, 300m, 100m, <b>10 x star jumps</b>, 100m, 300m, 200m, 500m, 400m, 700m, 600m, 800m (15s recovery/100m); 5 min cool down followed by stretching.</p> <p>or</p> <p><b>Tempo/Threshold Reps – Outdoor Track (Barry Awan):</b> 10 min warm up/running drills; <b><u>'mini-Christmas Tree' Pyramid</u></b> of 5 x 8 min efforts at varying pace; 1<sup>st</sup> @ Steady (75-85% Max HR) pace/effort (MRP/HMRP); 2<sup>nd</sup> @ Tempo (80-87% Max HR) pace/effort [10mile race pace]; 3<sup>rd</sup> @ 10km (80-92% Max HR) pace/effort; 4<sup>th</sup> @ Tempo pace/effort; 5<sup>th</sup> @ Steady pace/effort (MRP/HMRP); 60 sec slow jog-on recovery between reps; 5 min cool down followed by stretching</p>
<b>Sat 14/12</b>	<p><b><u>TBAC Park Run Championships followed by 'Festive Coffee &amp; Cake' (tbc)</u></b></p> <p>or</p> <p><b>(Self-guided):</b> 5 min warm up; then 20 min Steady (MRP) (70-80% Max HR) pace/effort; 4 x 2 min uphill efforts (shallow gradient) jog down recoveries; 5 min Easy (70-80% Max HR) pace/effort; 4 x 2 min uphill efforts (shallow gradient) jog down recoveries; 20 min Steady (MRP) (70-80% Max HR) pace/effort; 5 min cool down followed by stretching</p>
<b>Sun 15/12</b>	<p><b>Meet at St Johns Field, Norwood Ave., University of Bath Campus, BA2 7AY at 9.30am for a TBAC guided training long run; (check WhatsApp group). or</b></p> <p><b>(Self-guided):</b></p>

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<b>Tues 17/12</b>	<p><b>Meet on Balcony, Indoor Track, STV to arrange training groups. Start 7.00pm</b></p> <p><b>Reps/Intervals - Outdoor Track (Tim Hill):</b> 10 min warm up/running drills; 1600m @ 10km (80-92% Max HR) pace/effort (2 min recovery); then 3 to 4 x (800m @ 5km (85-95% Max HR) pace/effort (60 sec recovery)); 400m @ 3km to 5km (90-98% Max HR) pace/effort (2 min recovery between sets)); then 1600m @ 10km (80-92% Max HR) pace/effort; 5 min cool down followed by stretching.</p> <p>or</p> <p><b>Trail/Road (DS/TH/IW/CD):</b> TBAC Winter Trail Route 7; Winter Road Route 7 (see TBAC website) <b><u>High visibility clothing and ideally head torch.</u></b></p>
<b>Thur 19/12</b>	<p style="text-align: center;"><b>***STV Closed (Staff Party) ***</b></p> <p><b>Meet main entrance STV to arrange training groups. Start 7.00pm</b></p> <p><b>Quarry Road Hill reps (~10% incline) (PK): <u>*High visibility clothing mandatory*</u></b> 10 min warm up/running drills; then hill reps 12 x 30 sec @ 3 to 5k pace/effort (85-98% Max HR) with 60 sec jog-down recoveries; then 3 min recovery; followed by 3 x 60 sec @ 3 to 5k pace/effort (85-98% Max HR) with 90 sec jog-down recoveries; then 3 min recovery; finish with 3 x 30 sec Fast (90-100% Max HR) pace/effort with 90 sec jog-down recoveries; 5 min cool down followed by stretching.</p> <p>or</p> <p><b>Tempo/Threshold Reps – Campus 1km (approx.) Outdoor Circuit (self-guided):</b> 10 min warm up; then 7 to 8 x 1000m (approx.) @ alternating Tempo (80-87% Max HR) / 10km (80-92% Max HR) pace/effort (60 sec recovery); 5 min cool down followed by stretching.</p>
<b>Sat 21/12</b>	<p><b><u>TBAC Park Run Championships</u></b></p> <p>or</p> <p><b>(Self-guided):</b> 10 minutes warm up; then 10 x (40sec Fast alternating with 60sec Slow); then 30 min @ Steady (75-85% Max HR) MRP/HMRP pace/effort; then 10 x (40sec Fast alternating with 60sec Slow); 5 min cool down followed by stretching</p>
<b>Sun 22/12</b>	<p><b>Meet at St Johns Fields, Norwood Ave., University of Bath Campus, BA2 7AY at 9.30am for a TBAC guided training long run (<u>**tbc - check WhatsApp group**</u>). or</b></p> <p><b>(Self-guided):</b> 15 to 30km ideally off road (~1:15 – 2:30 hrs) Easy pace (65-75% Max HR); [attempt last 3 to 5k @ HMRP/MRP] water/electrolytes plus gel(s) if required.</p>
<b>Tues 24/12</b>	<p style="text-align: center;"><b><u>**STV Closed - no TBAC evening group session**</u></b></p> <p><b>For those feeling energetic Trail/Road (self-guided):</b></p>

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	<p>5 min warm up; then 40 minutes alternating 1km (approx.) or 4 mins @ 10km (80-92% Max HR) pace/effort and Steady (70-85% Max HR) MRP/effort; 5 min cool down followed by stretching.</p> <p>or</p> <p><b>Road (self-guided):</b> TBAC Winter Road Route of choice (see TBAC website) @ Tempo pace/effort (75-85% Max HR)</p> <p style="text-align: center;"><b><u>**Have a great Festive Holiday**</u></b></p>
<b>Thur 26/12</b>	<p style="text-align: center;"><b><u>**STV Closed - no TBAC evening group session**</u></b></p> <p><b>Road (self-guided):</b> 5 min warm up; then 8 to 10 x 1km (approx.) @ alternating Tempo (75-85% Max HR) pace/effort and 10km (80-90% Max HR) pace/effort, 2 min jog recovery; 5 min cool down followed by stretching.</p> <p>or</p> <p><b>Trail (self-guided):</b> 15 to 30km predominantly off road (~1:15 – 2:30 hrs) Easy pace (65-75% Max HR); <b>remember to stop, refresh and take in the view when opportunity arises!</b></p>
<b>Sat 28/12</b>	<p><b><u>TBAC Park Run Championships</u></b></p> <p>or</p> <p><b>(self-guided):</b> 10 minutes warm up; then 10 x (40sec Fast alternating with 60sec Slow); then 30 min @ Steady (75-85% Max HR) MRP/HMRP pace/effort; then 10 x (40sec Fast alternating with 60sec Slow); 5 min cool down followed by stretching</p>
<b>Sun 29/12</b>	<p><b>Meet at St Johns Fields, Norwood Ave., University of Bath Campus, BA2 7AY at 9.30am for a TBAC guided training long run (<b><u>**tbc - check WhatsApp group**</u></b>). or</b></p> <p><b>(Self-guided):</b> 15 to 30km ideally off road (~1:15 – 2:30 hrs) Easy pace (65-75% Max HR); [attempt last 3 to 5k @ HMRP/MRP] water/electrolytes plus gel(s) if required.</p>
<b>Tues 31/12</b>	<p style="text-align: center;"><b><u>**TBAC 'MapRun' Festive Event**</u></b></p> <p style="text-align: center;"><b><u>Box area, 10 am start (family and friends welcome)</u></b></p> <p style="text-align: center;"><b>Meeting point: Box Recreation Ground, next to Selwyn Hall (What 3 Words: <a href="https://reserving.elated.darkest">///<a href="https://reserving.elated.darkest">reserving.elated.darkest</a></a>).</b></p> <p style="text-align: center;"><b><u>**STV Closed - no TBAC evening group session**</u></b></p>
<b>Thurs 2/1/25</b>	<p style="text-align: center;"><b><u>Happy New Year</u></b></p> <p><b>Meet on Balcony, Indoor Track, STV to arrange training groups. Start 7.00pm</b></p> <p><b>Reps/Intervals - Outdoor Track (PK):</b> 10 min warm up/running drills; then 1600m @ 10km (80-92% Max HR) pace/effort (90 sec recovery); then 4 to 5 x 600m @ 5km to 10km (85-95% Max HR) pace/effort (60 sec/100m jog recovery); 4 to 5 x 300m @ 3km to 5km (90-98% Max HR) pace/effort (45 sec recovery); 2 min/200m jog recovery; then</p>

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	<p>1600m @ 10km (80-92% Max HR) pace/effort; 5 min cool down followed by stretching. or or <b>Tempo/Threshold Reps – Outdoor Track (PK):</b> 5 min warm up; 12 min @ Steady (MRP/HMRP) (HR 70-82% max) pace/effort (2 min jog on recovery); then 5 x 3 min @Tempo (75-85% Max HR) pace/effort (60 sec jog on recovery); then 12 min @ Steady (MRP/HMRP) (HR 70-82% max) pace/effort; 5 min cool down followed by stretching.</p>
Sat 4/1	<p style="text-align: center;"><b>**South West XC Champs – RNAS Merryfield, Taunton**</b></p> <p><b><u>TBAC Park Run Championships</u></b> or <b>(self-guided):</b> 5 min warm up; then 6 to 8 x 1 mile/1600m (approx.) @ alternating HMRP (75-82% Max HR) pace/effort and Tempo (80-85% Max HR) pace/effort (2 min slow jog on recovery between reps if needed); 5 min cool down followed by stretching.</p>
Sun 5/1	<p><b>Meet at St Johns Fields, Norwood Ave., University of Bath Campus, BA2 7AY at 9.30am for a TBAC guided training long run (check WhatsApp group). or</b></p> <p>(Self-guided): 15 to 30km ideally off road (~1:15 – 2:30 hrs) Easy pace (65-75% Max HR); [attempt last 3 to 5k @ HMRP/MRP] water/electrolytes plus gel(s) if required.</p>

**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 to Half Marathon Race Pace/Effort]**

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

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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 [10 mile Race Pace/Effort]

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 (LTP). 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 [10K, 5K and 3K Race Pace/Effort]

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 Lactate Turn Point (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

Classification	Definition	Percentage % of Max. HR (b.min-1)	Lactate (mmol.l -1)
<b>RECOVERY</b>	Active recovery, post-race, technique and warm up/ down.	< 60 %	< 1.0
<b>EASY</b>	Extensive Aerobic, base or volume training. Central adaptations and endurance development	60 % - 75 %	< 1.5

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<b>STEADY</b> <b>[MRP to HMRP pace]</b>	Intensive Aerobic, central and peripheral adaptations. Development of speed endurance.	76 % - 80 %	2.0 - 3.0
<b>TEMPO</b> <b>[10 mile pace]</b>	Intensive Aerobic, central, peripheral and neural (speed) adaptations. Lactate tolerance.	81 % - 86 %	3.0 - 4.0
<b>AEROBIC INTERVALS</b> <b>[10K, 5K and 3K pace]</b>	Around An-aerobic Threshold (AnT). Development of Velocity at AnT. Peripheral and nervous system adaptations.	87 % - 92 %	3.0 - 7.0
<b>SPEED</b>	Anaerobic Glycolysis Lactate tolerance, max.power and nervous system adaptations.	> 92 %	8.0 - 16.0