

TBAC Endurance Training Programme (Seniors) – March 2025

Sat 1/3	<p><u>TBAC Park Run (see TBAC Park Run WhatsApp group)</u> or (self-guided): 5 min warm up; 20 minutes progressive run, picking up the pace every 5 minutes (Easy; MRP; HMRP; Tempo (70-85% Max HR) pace/effort). Then 20 minutes of alternating 60 seconds @ 5km pace/effort (90-95% Max HR) with 60 seconds @ HMRP (80-85% Max HR) or MRP (75-85% Max HR) pace/effort. Finish with 20 minutes gradual slow down (reverse of first 20 minutes); 5 min cool down followed by stretching.</p> <p>Check out TBAC Marathon WhatsApp Group for weekend long runs</p>
Sun 2/3	<p>Meet at St Johns Fields, Norwood Ave., University of Bath Campus, BA2 7AY at 9.30am for a TBAC guided training long run; or</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>
Tues 4/3	<p>Meet on Balcony, Indoor Track, STV to arrange training groups. Main Session Start 7.00pm; (Early Session start 6.00pm (IW/CD)). <u>**Jack Daniels' VDOT Performance Pace Cards Session**</u></p> <p>Reps/Intervals - Outdoor Track (PK): 10 min warm up/running drills; then 6 to 8 x 1000m @ alternating 10km (85-92% Max HR) and 5km (85-95% Max HR) aiming to match your VDOT calculated pace (2 min/200m jog recovery); optional finish with 2 x 100m Fast (100m jog-on recovery); 5 min cool down followed by stretching.</p> <p>or</p> <p>Road/Trail (DS/TH): TBAC Night Trail Route 5 / Winter Road Route 1 (see TBAC website) High visibility clothing mandatory / (head torch ideally for trail)</p>
Thur 6/3	<p>Meet on Balcony, Indoor Track, STV to arrange training groups. Start 7.00pm</p> <p>Reps/Intervals - Outdoor Track (PK): 10 min warm up/running drills; then 6 to 8 x (300m @ 5km (85-95% Max HR) pace/effort (45sec recovery); 300m @ 3km (85-98% Max HR) pace/effort (45sec recovery); 200m @ 1km (90-100% Max HR) pace/effort); 2 min/100m jog recovery between sets; 5 min cool down followed by stretching.</p> <p>or</p> <p>Tempo/Threshold Reps – Outdoor Track (PK): 10 min warm up; 5 x (6 to 8 min efforts) at differing pace (1st @ Steady (HR 70-80% max) pace/effort (MRP/HMRP); 2nd @ Tempo (80-85% Max HR) pace/effort; 3rd @ 10k (85-92% Max HR) pace/effort; 4th @ Tempo (80-85% Max HR) pace/effort; 5th @ Steady (HR 70-80% max) pace/effort (MRP/HMRP)); 60 sec jog-on recovery between reps; 5 min cool down followed by stretching.</p>
Sat 8/3	<p><u>TBAC Park Run (see TBAC Park Run WhatsApp group)</u> or (self-guided):</p>

TBAC Endurance Training Programme (Seniors) – March 2025

	<p>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>Check out TBAC Marathon WhatsApp Group for weekend long runs.</p>
Sun 9/3	<p>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</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>
Tues 11/3	<p>Meet on Balcony, Indoor Track, STV to arrange training groups. Main Session Start 7.00pm; (Early Session start 6.00pm (CD)).</p> <p>Reps/Intervals - Outdoor Track (PK): 10 min warm up/running drills; 1 x 1200m @ Tempo (80-85% Max HR) pace/effort (90 sec recovery); 2x 1000m @ 10km (85-90% Max HR) pace/effort (90 sec / 100m jog recovery); 2 x 600m @ 5km (90-92% Max HR) pace/effort (90 sec / 100m jog recovery); 2x 1000m @ 10km pace/effort (90 sec / 100m jog recovery); 1 x 1200m @ Tempo (80-85% Max HR) pace/effort; 5 min cool down followed by stretching.</p> <p>or</p> <p>Road/Trail (DS/TH): TBAC Winter Trail Route 6 / Winter Road Route 2 (see TBAC website) High visibility clothing mandatory / (head torch ideally for trail)</p>
Thur 13/3	<p>Meet on Balcony, Indoor Track, STV to arrange training groups. Start 7.00pm.</p> <p>Reps/Intervals - Outdoor Track (PK): 10 min warm up/running drills; 1200m @ 10k (80-92% Max HR) pace/effort (2 min recovery); then 4 to 5 x (600m @ 5km (85-95% Max HR) pace/effort (60 sec recovery), 400m @ 3km (92-98% Max HR) pace/effort); 2 min/200m jog recovery between sets; then 1200m @ 10k (80-92% Max HR) pace/effort.</p> <p>or</p> <p>Tempo/Threshold Reps - Outdoor Track (PK): 10 min warm up; 4 to 6 x 1600m @ Tempo (80-88% Max HR) pace/effort (2 min/200m jog-on recovery); 5 min cool down followed by stretching</p>
Sat 15/3	<p><u>TBAC Park Run</u> (see TBAC Park Run WhatsApp group)</p> <p>or</p> <p>(Self-guided): 5 min warm up; then 6 to 8 x 1 mile/1600m (approx.) @ alternating HMRP (75-80% Max HR) pace/effort and Tempo (80-85% Max HR) pace/effort (2 min recovery – ideally jog on recovery); 5 min cool down followed by stretching.</p> <p>Check out TBAC Marathon WhatsApp Group for weekend long runs</p>
Sun 16/3	<p><u>** Bath Half Marathon – (Trust your training and enjoy the day!)**</u></p> <p>or</p>

TBAC Endurance Training Programme (Seniors) – March 2025

	<p>Meet at St Johns Fields, Norwood Ave., University of Bath Campus, BA2 7AY at 9.30am for a TBAC guided training long run (TBC check WhatsApp group).</p> <p>or</p> <p>(Self-guided):</p> <p>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>
<p>Tues 18/3</p>	<p>Meet on Balcony, Indoor Track, STV to arrange training groups. Main Session Start 7.00pm; (Early Session start 6.00pm (CD)).</p> <p>Reps/Intervals - Outdoor Track (PK): 10 min warm up/running drills; 1200m @ increasing (80-95% Max HR) pace/effort (Tempo; 10km; 5km) every 400m (2 min recovery); then 5 to 6 x (4 x 200m @ 3 to 5km (85-98% Max HR) pace/effort (30s recovery)) 2 min/200m jog recovery between sets; finish with 1200m @ increasing (80-95% Max HR) pace/effort (Tempo; 10km; 5km) every 400m; 5 min cool down followed by stretching.</p> <p>or</p> <p>Road/Trail (DS/TH): TBAC Winter Trail Route 7 / Winter Road Route 3 (see TBAC website) <u>High visibility clothing and ideally head torch.</u></p>
<p>Thur 20/3</p>	<p>Meet on Balcony, Indoor Track, STV to arrange training groups. Start 7.00pm</p> <p>Reps/Intervals - Outdoor Track (PK): 10 min warm up/running drills; 5 to 6 x (4 x 300m @ 3 to 5km (85-98% Max HR) pace/effort (30 sec recovery) 2min/100m jog recovery between sets; (finish with optional 2 x 150m Fast (50m slow jog recovery)); 5 min cool down followed by stretching.</p> <p>or</p> <p>Tempo/Threshold Reps – Outdoor Track (PK): 10 min warm up/running drills; 16 mins @ Steady/HMRP (HR 70-80% max) pace/effort; 12 mins @ Tempo (80-85% Max HR) pace/effort; 10 min @ 10km (80-92% Max HR) pace/effort) 90 sec slow jog-on recovery between reps; 5 min cool down followed by stretching.</p>
<p>Sat 22/3</p>	<p><u>TBAC Park Run</u> (see TBAC Park Run WhatsApp group)</p> <p>or</p> <p>(Self-guided): 5 minutes warm up; then 5km (approx.) @ Easy (60-70% Max HR) pace/effort; 5km (approx.) @ 10km (80-92% Max HR) pace/effort; 2km (approx.) @ HMRP (75-85% Max HR); 5 min cool down followed by stretching.</p> <p>Check out TBAC Marathon WhatsApp Group for weekend long runs</p>
<p>Sun 23/3</p>	<p>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</p> <p>(Self-guided):</p>

TBAC Endurance Training Programme (Seniors) – March 2025

	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.
Tues 25/3	<p>Meet on Balcony, Indoor Track, STV to arrange training groups. Main Session Start 7.00pm; (Early Session start 6.00pm (CD)).</p> <p>Reps/Intervals - Outdoor Track (PK): 10 min warm up/running drills; 800m @ increasing pace/effort every 200m (Steady; Tempo; 10km; 5km (80-95% Max HR), 2 min recovery before 8 x 200m @ 3km (85-98% Max HR) pace/effort (60 sec/100m jog recovery); then 3 to 4 x 1000m @ 5km (85-95% Max HR) pace/effort – practice pace surge efforts in last 200m (2 min/200m jog recovery); then 8 x 100m @ 3k to 1500m (HR 92-98% Max HR) pace/effort (60 sec/100m jog recovery); 5 min cool down followed by stretching.</p> <p>or</p> <p>Road/Trail (DS/TH): TBAC Winter Trail Route 8 / Winter Road Route 4 (see TBAC website)</p> <p><u>High visibility clothing and ideally head torch.</u></p>
Thur 27/3	<p>Meet main entrance STV to arrange training groups. Start 7.00pm</p> <p>Quarry Road Hill reps (~10% incline) (PK): <u>*High visibility clothing mandatory*</u> 10 min warm up/running drills; then hill reps 2 x (4 x 60 sec with 2 min jog down recoveries; then 4 x 30 sec with 90 sec jog-down recoveries all @ 3 to 5k pace/effort (85-98% Max HR)); 3 min recovery between sets; 5 min cool down followed by stretching.</p> <p>or</p> <p>Tempo/Threshold Reps – Outdoor Track (self-guided): 5 min warm up; 3 to 5 x 2000m/2km alternating Tempo (75-85% Max HR) and 10km (85-92% Max HR) pace/effort, (2min/200m jog-on recovery); 5 min cool down followed by stretching.</p>
Sat 29/3	<p style="text-align: center;"><u>Midland 12 & 6 Stage Road Relays, Sutton Park, Sutton Coalfield</u></p> <p>or</p> <p><u>TBAC Park Run</u> (see TBAC Park Run WhatsApp group)</p> <p>or</p> <p>(self-guided): 10 minutes warm up; then 10 x (40 sec Fast alternating with 60 sec Slow); then 40 min @ Steady/HMRP (75-85% Max HR) pace/effort; 5 min cool down followed by stretching.</p> <p>Check out TBAC Marathon WhatsApp Group for weekend long runs</p>
Sun 30/3	<p>Meet at St Johns Fields, Norwood Ave., University of Bath Campus, BA2 7AY at 9.30am for a TBAC guided training long run; or</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>

TBAC Endurance Training Programme (Seniors) – March 2025

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 most 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 because 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 [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 hard sessions, a thorough warm up and cool down as described above is essential

TBAC Endurance Training Programme (Seniors) – March 2025

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)
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 to HMRP pace]	Intensive Aerobic, central and peripheral adaptations. Development of speed endurance.	76 % - 80 %	2.0 - 3.0
TEMPO [10 mile pace]	Intensive Aerobic, central, peripheral and neural (speed) adaptations. Lactate tolerance.	81 % - 86 %	3.0 - 4.0
AEROBIC INTERVALS [10K, 5K and 3K pace]	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