TBAC Endurance Training Programme (Seniors) – November 2026

Sat 31/10	****Gloucester XC League – Fixture 2 – Cirencester Park**** **TBAC Park Run (see TBAC Park Run WhatsApp group)** **or** **(self-guided):** 5 min warm up then 8 to 10km, preferably hilly, alternating each km between Steady (75-85% Max HR) pace/effort (MRP/HMRP) and Tempo (75-90% Max HR) pace/effort; 5 min cool down followed by stretching. Check out **TBAC Marathon/Half Marathon WhatsApp Groups** for weekend long runs
Sun 1/11	**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 Check out **TBAC Marathon/Half Marathon WhatsApp Groups** for weekend long runs or (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.
Tues 3/11	**Meet Outdoor Track, STV. Main Session Start 7.00pm (PK/Michelle M); Early Session start 6.00pm (Justin M/PK).** **Reps/Intervals - Outdoor Track:** ****Jack Daniels' VDOT Performance Pace Cards Session**** 10 min warm up/running drills; then 6 to 10 reps alternating 800m @ 10km (85-92% Max HR) with 800m @ 5km (85-95% Max HR) pace/effort. Aim to match your VDOT calculated pace at 400m split and at finish (90 sec /100m jog recovery between intervals); 5 min cool down followed by stretching. or **Road/Trail (DS/KD); Meet on Balcony, Indoor Track, STV ** start 7.00pm**:** TBAC Winter Trail Route 5 (see TBAC website) High visibility clothing and ideally headtorch **Trunk (Core) Strength and Conditioning 8.15pm – indoor track (PK)**
Thur 5/11	**Meet on Balcony, Indoor Track, STV to arrange training groups. Start 7.00pm** **Reps/Intervals - Outdoor Track (PK/Natasha P):** 10 min warm up/running drills; 3 to 5 x (3 x 500m @ 5km (85-95% Max HR) pace/effort (60 sec / 100m jog on recovery)); 2 minutes / 100m jog on recovery between sets; finish 2 x 100m Fast (100m jog on recovery); 5 min cool down followed by stretching. or **Tempo/Threshold Reps - Outdoor Track (PK/Natasha P):** 10 min warm up; then 3 x 12 min (2600m) efforts at increasing pace/effort (1st @ Steady (75-80% Max HR) MRP pace/effort; 2nd @ Tempo (80-85% Max HR) pace/effort; 3rd @ 10km (80-92% Max HR) pace/effort (2 min slow jog on recovery between reps); 5 min cool down followed by stretching.

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Sat 7/11	**TBAC Park Run** (see TBAC Park Run WhatsApp group) or **(self-guided):** 5 min warm up; then 8 to 10 x 1km @ progressive pace – starting at @ Steady (70-80% Max HR) MRP pace/effort and building up to 5km (85-95% Max HR) pace/effort with 90 sec slow jog-on recovery between km; 5 min cool down followed by stretching. Check out **TBAC Marathon/Half Marathon WhatsApp Groups** for weekend long runs
Sun 8/11	**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 Check out **TBAC Marathon/Half Marathon WhatsApp Groups** for weekend long runs or **(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.
Tues 10/11	****TBAC AGM 8.15pm STV Indoor Track**** **Meet Outdoor Track, STV. Main Session Start 7.00pm (PK/ Michelle M); available Early Session start 6.00pm (IW/Justin M).** **Reps/Intervals - Outdoor Track:** 10 min warm up/running drills; then 6 to 8 x 1000m @ 5 to 10km (85-95% Max HR) pace/effort – every alternative 1000m practice pace surge efforts eg 1st 400m @ 10km (85-92% Max HR) pace/effort; 2nd 400m @ 5km (85-95% Max HR) pace/effort; final 200m @3 to 5km (90-98% Max HR) pace/effort (90sec / 100m jog recovery); optional finish with 2 x 100m Fast (100m jog-on recovery); 5 min cool down followed by stretching. or **Road/Trail (DS/KD); Meet on Balcony, Indoor Track, STV ** start 7.00pm**:** TBAC Winter Trail Route 6 (see TBAC website) High visibility clothing and ideally headtorch **Trunk (Core) Strength and Conditioning 8.15pm – indoor track (PK)**
Thur 12/11	**Meet Outdoor Track, STV to arrange training groups. Start 7.00pm.** **Reps/Intervals - Outdoor Track (PK/Justin M/ Michelle M):** 10 min warm up/running drills; 2 x (4 to 6 x (600m @ 3 to 5k (85-98% Max HR) pace/effort (90sec / 100m jog recovery)) 3 minutes recovery between sets; finish 2 x 200m Fast (45 sec recovery); 5 min cool down followed by stretching. or **Tempo/Threshold Reps - Outdoor Track (PK/Justin M/ Michelle M):** 10 min warm up/running drills; then 4 x (1600m @ Tempo (80-85% Max HR) pace/effort (60 sec/100m jog recovery); then 400m @ 10km (85-92% Max HR)

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	pace/effort) 2 min /100m jog recovery between sets; 5 min cool down followed by stretching.
Sat 14/11	**TBAC Park Run** (see TBAC Park Run WhatsApp group) or **(Self-guided):** 5 min warm up; then 50 min run @ Steady pace/effort (70-80% Max HR) with 25 minutes of Fartlek (Fartlek is faster efforts of 15-90 seconds with recovery as you feel necessary); 5 min cool down followed by stretching. Check out **TBAC Marathon/Half Marathon WhatsApp Groups** for weekend long runs
Sun 15/11	**** TBAC Bath Hilly Half and Ultra 10km, Bath Racecourse **** or **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 Check out **TBAC Marathon/Half Marathon WhatsApp Groups** for weekend long runs. or **(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.
Tues 17/11	**Meet Outdoor Track, STV. Main Session Start 7.00pm (PK/Tom H); Early Session start 6.00pm (IW/JM).** **Reps/Intervals - Outdoor Track:** 10 min warm up/running drills; 1200m @ 10km (85-92% Max HR) pace/effort (2 min recovery); then 4 to 6 x (800m @ 5 to 10km (85-95% Max HR) pace/effort (60 sec recovery); 200m @ 3km (85-98% Max HR) pace/effort) 2 min / 200m jog recovery between sets; finish 1200m @ 10km (85-92% Max HR) pace/effort; 5 min cool down followed by stretching. or **Trail/Road (DS/KD); Meet on Balcony, Indoor Track, STV ** start 7.00pm**:** TBAC Winter Trail Route 7 (see TBAC website) High visibility clothing and ideally headtorch **Trunk (Core) Strength and Conditioning 8.15pm – indoor track (PK)**
Thur 19/11	**Meet Outdoor Track, STV to arrange training groups. Start 7.00pm** **Reps/Intervals - Outdoor Track (PK/IW):** 10 min warm up/running drills; then 4 to 5 x (4 x 300m @ 5km (85-95% Max HR) pace/effort (30 sec recovery)) 3 minutes / 200m jog recovery between sets; finish 4 x 100m Fast (100m slow jog-on recovery); 5 min cool down followed by stretching. or **Tempo/Threshold Reps – Outdoor Track (PK/IW):**

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	10 min warm up/running drills; then 12 min @ Steady (70–80% max HR) pace/effort (HMRP/MRP); 10 min @ Tempo (75-85% Max HR) pace/effort; 8 min @ 10km pace/effort (80-92% Max HR); 4 min @ 5km pace/effort (85-95% Max HR); 90 sec gentle jog-on recovery between efforts; 5 min cool down followed by stretching.
Sat 21/11	**TBAC Park Run** (see TBAC Park Run WhatsApp group) or **(self-guided):** 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 Check out **TBAC Marathon/Half Marathon WhatsApp Groups** for weekend long runs
Sun 22/11	**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 Check out **TBAC Marathon/Half Marathon WhatsApp Groups** for weekend long runs or **(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.
Tues 24/11	**Meet Outdoor Track, STV. Main Session Start 7.00pm (PK/Tom H); Early Session start 6.00pm (IW/JM).** **Reps/Intervals - Outdoor Track:** 10 min warm up/running drills; 800m of 200m Fast then 200m Slow pace/effort (90 sec recovery); then 4 to 6 x 1000m alternating @ 10km, 5km, 10km, 5km etc (80-95% Max HR) pace/effort (90 sec / 100m jog recovery); finish with 800m of 100m Fast then 100m Slow pace/effort; 5 min cool down followed by stretching. or **Trail/Road (DS/KD); Meet on Balcony, Indoor Track, STV, start 7.00pm:** TBAC Winter Trail Route 8 (see TBAC website) High visibility clothing and ideally headtorch **Trunk (Core) Strength and Conditioning 8.15pm – indoor track (PK)**
Thur 26/11	**Meet at STV Entrance to arrange training groups. Start 7pm.** **Quarry Road Hill reps (~10% incline) (PK): *High visibility clothing mandatory*** 10 min warm up/running drills; hill reps 4 x 60 sec @ 3 to 5k pace/effort (85-98% Max HR) with approx. 2 min jog down recoveries); followed by 4 x 30sec @ 3 to 5k pace/effort (85-95% Max HR) with 60 sec jog down recoveries; 3 min recovery then repeat 4 x 60 sec @ 3 to 5k pace/effort (85-98% Max HR) with approx. 2 min jog down recoveries; followed by 4 x 30sec @ 3 to 5k pace/effort (85-95% Max HR) with 60 sec jog down recoveries; 5 min cool down followed by stretching.

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	or **Tempo/Threshold Reps – Outdoor Track (self-guided):** 10 min warm up; then 5 to 6 x 1600m all at @ Tempo (80-85% Max HR) pace/effort (2 min / 200m jog recovery); or if you prefer alternate @ Tempo (80-85% Max HR) with 10km (80-92% Max HR) pace/effort (2 min / 200m jog recovery); 5 min cool down followed by stretching.
Sat 28/11	**TBAC Park Run** (see TBAC Park Run WhatsApp group) or **(self-guided):** 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. Check out **TBAC Marathon/Half Marathon WhatsApp Groups** for weekend long runs
Sun 29/11	**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 Check out **TBAC Marathon/Half Marathon WhatsApp Groups** for weekend long runs or **(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.

MRP – Marathon Race Pace; HMRP – Half Marathon Race Pace; equivalent to Steady pace/effort.

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

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	60 % - 75 %	< 1.5

	adaptations and endurance development		
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