

















TRAINING PROGRAMME: January 2025

| Week of | TUES 6.30pm (Track) | | THURS 6.30pm | | SAT 9.00am (Track) | | Races This Week |
|-------------------------|--|---|---|---|--|--|--|
| 6 th Jan |  | TRACK: Yasso 800s Main Session: 6-8 x 800m at a faster pace (with 400m relaxed jog recovery) |  | DEER PARK: Kenyan Hills 5 x 7min With 2min recovery |  | Leg Speed Session 6 x 150m 3 x 300m 1 x 600m (walk / slow jog recovery) | Race: Cross-country: Westward Ho (Sunday) |
| | Overview: Continuous running. A great mix of speed and endurance. Works as a diagnostic session to benchmark fitness (keep the recovery 400m slow) | | Overview: Loops of short hilly circuit around Deer Park, practising running at threshold for 7min each at a time, with 2min recovery | | Overview: Classic sprint session. Focus on building speed and higher cadence – encouraging good running form. | | |
| | OR: Local run around Town out towards Trout and Tipple including, then on the way back 8 x 1min faster / 2min easy jog recovery), regrouping each on the jog, and completing a few loops of Meadows | | | | | | |
| 13 th Jan |  | TRACK: Fast Finish 600s 9 x 600m (with 2min recovery) First 3 – 100 fast finish Second 3 – 200m fast finish Third 3 – 300m fast finish |  | MEADOWS: 2 Mile Repeats 3 x 2miles @ Tempo (with 3mins standing rest) |  | Track: Tavy 5 5k around track, college footpath and the Meadows. Registration from 8.45 Start 9.15 | Race: Tavy 5 (Saturday) |
| | Overview: This one is all about practising that fast finish, kicking from further out, rather than on last bend / in sight of finish line | | Overview: Run 2 full laps consecutively of the Meadows in a figure of eight (Approx 2 miles). Good tempo / lactate threshold session | | Overview: Our monthly 5k race with finish on the track. | | |
| | OR Gem Bridge Run: Out and back. Start at College (or Morrisons Car Park for shorter run). Option to add some repeats up and down the bridge! | | | | | | |

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|-------------------------|---|--|--|--|--|---|--|
| 20 th Jan |  | TRACK: Quarters (Decreasing Recovery) 3 x (4 x 400m) (45s; 30s; 15s recovery) 3min between sets |  | Pavey Hill Repeats: Deer Park 5 x 1min / 5 x 45sec / 5 x 30sec + bonus lap (easy jog / walk down recovery) |  | TRACK: Split Miles 4 x 1-mile splits at: (200m fast / 200m easy) (400m fast / 400m easy) (200m fast / 200m easy) | Race: Exmouth 5k: City Runs (Tuesday) |
| | Overview: Our regular 400m session. Aim to maintain speed through each lap with ever decreasing time to recover after each repeat. Starts at 45sec, then drops to 30sec and finally just 15sec | | Overview: Hill repeats to build power and good running form. Jog / walk recovery after each repeat. 2mins between sets. One full Deer Park lap to finish! | | Overview: With warm up and warm down a chance to run a total of 5miles with regular pace mixed in (switching gears) | | |
| | OR: Middlemoor / Whitchurch Loop (10k) – starting nice and easy, then once at the high point getting gradually quicker on return (speed progression) | | | | | | |
| 27 th Jan |  | TRACK: Speed Progression 3 x 2km (4mins rest) |  | MEADOWS: 6-8 x 1km repeats (2min rec) |  | 5k Track: Run straights, jog the bends | Race: Newquay 10k, Cornwall (Sunday) |
| | Overview: 5 laps of continuous running, gradually building speed up after each lap | | Overview: Classic VO2 session – running for 1km, followed by 2min rest. | | Overview: Good opportunity to build speed and improve running form | | |
| | OR: Harford Bridge, Peter Tavy - Fartlek Run Run out from College to Harford Bridge and back, with 10 x 30sec fartlek pick-ups mixed into run, taking it in turns of lead of the front and then move to back of group | | OR: Track available later from 7.00pm (after juniors) if anyone wants to run a tempo session or try some marathon pace running as part of preparation for spring marathons! | | | | |

Symbols:

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|  | <p>Main focus of session is to develop / impact on VO2 max* (the maximum or optimum rate at which the heart, lungs, and muscles can effectively use oxygen during exercise.</p> <p>This involves:</p> <ul style="list-style-type: none"> • Either running intervals of around 3-5mins at 3k to 5k pace followed by a few minutes recovery (for example 6x 3mins with 90sec rest) OR • Even faster, short intervals at mile pace or above with minimal recovery (for example 3x (10 x 30sec with 15sec recovery)) • Or a hybrid of the two (for example 1500m compound – 800m with 45sec rest, followed by 700m)) |
|  | <p>Primary focus of session is on improving lactate threshold*, either:</p> <ul style="list-style-type: none"> • Running continuously for 20-30mins (tempo run just below threshold) OR • Longer intervals (like mile repeats) followed by recovery (also includes our Kenyan Hills!) OR • Speed progression runs (like 2km or 5 laps – starting below threshold pace and gradually increasing) <p>Threshold pace is sometimes described as the pace one could sustain for up to an hour.</p> |
|  | <p>Main focus of run is on improving running economy / efficiency. Drills, strides, and strength & conditioning - all help RE, but in terms of actual running, it can be enhanced by either:</p> <ul style="list-style-type: none"> • Longer runs, or building gradually the frequency and overall time / distance you run each week AND • Running short repeats (typically 100-400m) at a fast pace – which encourages higher cadence and good running form |
|  | <p>Diagnostic session – enables measurement of progress against fitness or race goal (if run in same way), and can be repeated as a future session to help assess change overtime. Includes our races!</p> |

**Accurate measurement of V02 max and Lactate Threshold requires either laboratory test, or sampling of blood – however when determining what pace to run tempo / threshold sessions at, running calculators can give you a reasonable estimate based on recent training / race results (See for example: <https://www.mcmillanrunning.com/>)*