

## Training stripped back



### The rationale and some science!

Dear All,

As I mentioned previously, my thinking is to provide the tools to develop some of your own training plans over the weeks ahead.

Naturally, very happy to answer questions for anyone but the rationale behind this approach is to give you the tools and knowledge to develop your own personal plans.

***“Give a man a fish and you feed him for a day, teach a man to fish, and you feed him for a lifetime”***

We have covered...

- ✚ Goal setting (Plan & Purpose...Which races are you targeting, and creating that mental picture)
- ✚ Mesocycles
- ✚ Technique
- ✚ Energy systems

Today, we look at the various sessions that make up a typical training schedule...These become the microcycle and how you train on a day to day basis. Remember that a mesocycle covers eight weeks. This means that you can take more than a week to schedule the sessions described below.

### The Sessions in detail

#### ✚ Core run

- These are the days when you go out for a “steady state run” ...Will also form a fair proportion of your mileage. Good for increasing your aerobic capacity, and feel good about you and your running! Think about that nice relaxed running form.
- **45-60 minute run.**

#### ✚ Progressive

- Not as hard as a tempo run (see below) but similar to your core run, but gradually ramping up the pace. Setting off at “steady state run” but in the

second half getting **gradually** quicker over the last couple of miles (phased increase).

- **50-60 minute run**

#### ✚ Long run

- Traditionally the Sunday run...Ideally off road. A great way to develop aerobic capacity. An easy pace and a fun session! Take in the surroundings!
- **75 minutes to 2 hours**

#### ✚ Interval session (Our Tuesday)

- Intense bursts of efforts from as short as 200 metre repeats up to 2k/2miles. Up to 800 metres these will be close to anaerobic (without oxygen). An uncomfortable session. Help to develop raw speed, boost running economy, and fatigue resistance (train the body and mind)
- There are two variations...Hard or quality session. Quality allows for longer recoveries but a faster rep. Hard, is a shorter recovery but a tougher session. We are in the middle!
- Recovery is an important part of the session. The idea being to break down a distance into shorter segments with rest, and to prepare the body for race day...Very simply... Imagine doing 6 x 800 metres each week with 3 minutes recovery. Then consider doing the same session each week, but reducing the recovery by 5-10 seconds each week? The body would adapt and improve!
- Recovery...Based on the session but typically
  - 200 metre reps = 30 seconds
  - 400 metre reps = 60 seconds
  - 800/ 1k reps = 2-3 minutes
- **At Wilmslow and based on the session, we tend to do 4-5 miles of effort.**

#### ✚ Tempo session

- Similarly, a threshold run. Similar to the Progressive Run, but more intense throughout. If race pace for 10k is 100% of your ability, this comes in at 85-90%. A tough session that really boosts your heart and lung capacity (VO2 Max)
- **40-50 minutes of effort**

#### ✚ Hill reps

- What it says on the tin! Geared to improve strength, aerobic power, pain tolerance and build strength.
- The hills should **NOT** be long and steep...Enjoy those on your Sunday runs.
- We want circa 125-175 metres max and an incline that challenges a good fast leg turnover...Driving arms & legs.
- The one that we use in AE in the winter is ideal.
- This is a fast workout & not a slog!! Ideally, as you finish your warm up, add in some faster strides. It will help with hitting the ground running on your hill reps
- **Circa 1200-1800metres of effort**

#### ✚ Recovery run...But bear in mind my comments in the first update (Friday)

- While still considered an important part of a schedule, give it some purpose. They do help to bring the legs and body back to life after a hard session...Fatigue and muscle soreness...BUT...Make sure it is an easy run and think about your technique and running form. A recovery run where you run with poor form and overly tired should not be the case

#### **Fartlek session (Swedish for speed play)**

- Although this is a mix of core run/tempo run & intervals, there should be an element of fun but a challenging session! As you run, pick out some landmarks...Lamp posts...Land marks in the countryside etc. No definitive distances but increased efforts during a core run.
- An example could be a 45/60 minute run, where you throw in six/eight efforts of 30/60/90 seconds/2 minutes!
- In some respects, these become “stride outs” another important part of training!

### **Summary**



Bear in mind that in compiling the above, we are speaking very generically, and many will have their own routines. This serves as a reminder, and all within the Club are capable of.

The challenge for each of us, is maintaining (or improving) our personal levels of fitness. Ultimately, we have to take personal responsibility.

The belief and efforts that we make & that will surprise each of us when (and we will) return to group training. Chasing our goals in a way that we may not previously considered.

I have decided to cover as a separate topic “How to measure the relative exertion level for each of your sessions” This will help with your schedule and the phasing of harder sessions. It may also surprise you!

The final pieces to the jigsaw and to follow, will cover

-  Training Exertion Levels & Recovery
-  The mental block.

Any requests, please let me know.

#TeamWilmslow

Best Regards,

*Nick*

***“Running is nothing more than a series of arguments between the part of your brain that wants to stop and the part that wants to keep going”***

***Anonymous***