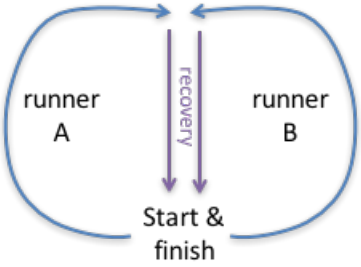
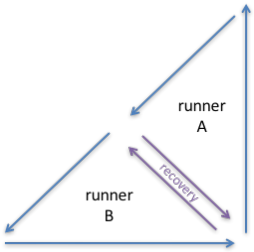
HRR Tuesday Intervals Training Plan
May-Aug 2017

Period – Sharpening for summer racing and preparation for autumn
(5km – ½ Marathon)

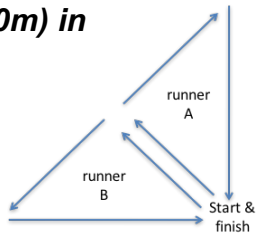
Training sessions are written for people currently focusing on summer racing, which includes a lot of 5-10ks, but also provides the foundations for transition to autumn half marathons and the cross country season. If your focus is shorter or longer than that, or the timing is different, the sessions can be adapted – please speak to Evelyn or Steve at the sessions or by email (coach.evelyn@icloud.com/selewisuk@yahoo.co.uk).

Training zone key: Steady / Tempo or threshold / Speed

Recovery Times are in [ ] brackets

<table>
<tr><th rowspan="2">Date</th><th rowspan="2">Aim</th><th colspan="2">Session</th><th rowspan="2">Total Effort</th><th rowspan="2">Location/ Surface</th></tr>
<tr><th>Advanced Group</th><th>Intermediate Group</th></tr>
<tr><td rowspan="2">May 2nd</td><td rowspan="2">Speed Endurance & Leg Strength</td><td colspan="2">Headington Hill Park Loops in pairs (3-5K):
2 sets [recovery jog down middle]
3 mins between sets
 
</td><td rowspan="2">15|10 mins</td><td rowspan="2">Headington Hill Park</td></tr>
<tr><td>2 sets of 15 mins</td><td>2 sets of 10 mins</td></tr>
<tr><td rowspan="2">May 9th</td><td rowspan="2">Speed Endurance</td><td colspan="2">Paarlauf – triangle in pairs
(3K effort):
2 sets [jog across middle] with 3 mins recovery between sets
 
</td><td rowspan="2">15|10 mins</td><td rowspan="2">Bury Knowle Park</td></tr>
<tr><td>2 sets of 15 mins</td><td>2 sets of 10 mins</td></tr>
<tr><td rowspan="2">May 16th</td><td rowspan="2">Speed Endurance & Pace Judgement</td><td colspan="2">Bury Knowle Triangle (800m) reps with 300m ‘float’ (5K/threshold effort):</td><td rowspan="2">24|18 mins</td><td rowspan="2">Bury Knowle Park</td></tr>
<tr><td>5-6 x Triangles [300m float]</td><td>3-4 x Triangles [300m float]</td></tr>
<tr><td rowspan="2">May 23rd</td><td rowspan="2">Speed Endurance & Leg Strength</td><td colspan="2">Squares & Triangles (5K effort):</td><td rowspan="2">TBC</td><td rowspan="2">Headington Hill Park</td></tr>
<tr><td>4-6 Squares
2-3 effort up & down [recovery top & bottom]
2-3 effort up & top [recovery down/bottom)]
[2 mins recovery]
4-6 Triangles (effort up)</td><td>4 Squares
2 effort up & down, [recovery top & bottom]
2 effort up & top [recovery down/bottom]
[3 mins recovery]
3 Triangles (effort up)</td></tr>
</table>

<table>
<tr><td>May 30th</td><td>Speed Endurance & Running Economy</td><td colspan="2">Captain's Challenge
Race Specific Progression #1
(target 5M pace):</td><td>3|2.25M</td><td>Marston Ferry Road</td></tr>
<tr><td></td><td></td><td>3 x 1600m [2 min]</td><td>3 x 1200m [2 min]</td><td></td><td></td></tr>
<tr><td>Jun 6th</td><td>Lactate tolerance</td><td colspan="2">Sprints: Sprint/recovery repeats: (consistent pace faster than 5K):
2 sets with 3 mins recovery between them</td><td>27 mins</td><td>Bury Knowle Park</td></tr>
<tr><td></td><td></td><td>(90 secs fast, 45 secs jog) x 6</td><td>(75 secs fast, 60 secs jog x 6)</td><td></td><td></td></tr>
<tr><td colspan="6">Jun 6th - BANBURY 5</td></tr>
<tr><td>Jun 13th</td><td>Speed Endurance</td><td colspan="2">Mara's Magic Mix:</td><td>30 mins</td><td>Headington Hill Park</td></tr>
<tr><td></td><td></td><td>Part 1 - 12 min around park perimeter
[jog to flat]
Part 2 – 3 x 2 mins @ 5K
[10 x squats after first 2 mins, 10 x lunges after second]
Part 3 – 5-6 x hill 'sprints' 50m up, jog back ready to go
[jog to flat]
Part 4 – 6-8 x 80m 'sprints' [count to 10 slowly]</td><td>Part 1 - strength
• 15 squats
• 10 lunges
Part 2 – 10 min around park perimeter
[jog to hill]
Part 3 – 3-4 x hill 'sprints' 50m up, jog back ready to go
[jog to flat]
Part 4 – 4-5 x 50m 'sprints' [count to 20 slowly]</td><td></td><td></td></tr>
<tr><td>Jun 20th</td><td>Speed Endurance & Running Economy</td><td colspan="2">Captain's Challenge
Race Specific Progression #2
(target 5M pace):</td><td>3|4.5M</td><td>Marston Ferry Road</td></tr>
<tr><td></td><td></td><td>3 x 2400m [2 min]</td><td>3 x 1600m [2 min]</td><td></td><td></td></tr>
<tr><td>Jun 27th</td><td>Speed Endurance</td><td colspan="2">Bury Knowle park Triangle (500m) in pairs (5K effort):

2 sets with 3 mins recovery between sets
 
</td><td>18|24 mins</td><td>Bury Knowle Park</td></tr>
<tr><td></td><td></td><td>2 sets of 5/6 [90s]</td><td>2 sets of 4 [2 min]</td><td></td><td></td></tr>
<tr><td colspan="6">Jul 2nd - DIDCOT 5</td></tr>
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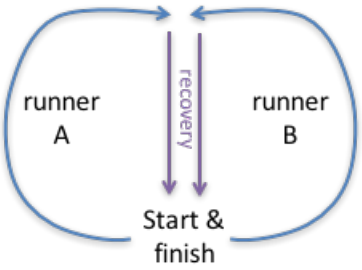
<table>
<tr><td rowspan="2">Jul 4th</td><td rowspan="2">Speed Endurance & Leg Strength</td><td colspan="2">Headington Hill Park Loops in pairs (3-5K):
2 sets [recovery jog down middle]
2 mins between sets
  </td><td rowspan="2">17|12 mins</td><td rowspan="2">Headington Hill Park</td></tr>
<tr><td>2 sets of 17 mins</td><td>2 sets of 12 mins</td></tr>
<tr><td rowspan="2">Jul 11th</td><td rowspan="2">Speed Endurance</td><td colspan="2">Pyramid (5K effort):</td><td rowspan="2">24|18 mins</td><td rowspan="2">Bury Knowle Park</td></tr>
<tr><td>2 sets of (1 [1], 2 [1], 3 [1], 3 [1], 2 [1], 1 [1] mins) with 2 mins recovery between sets</td><td>2 sets of (1 [90s], 2 [90s], 3 [90s], 2 [90s], 1 [90s] mins) with 2 mins recovery between sets</td></tr>
<tr><td rowspan="2">Jul 18th</td><td rowspan="2">Speed Endurance</td><td colspan="2">Increasing speed (5K + effort):</td><td rowspan="2">24|19 mins</td><td rowspan="2">Bury Knowle Park</td></tr>
<tr><td>5 x 4 mins (3-5K) [2 min]
2 mins faster [2 min]
1 min faster [2 min]
Regroup & 4 x 30s sprint, 30s recovery</td><td>4 x 4 mins (3-5K) [2 min]
2 mins faster [2 min]
1 min faster [2 min]</td></tr>
<tr><td rowspan="2">Jul 25th</td><td rowspan="2">Speed Endurance & Leg Strength</td><td colspan="2">Squares & Triangles (5K effort):</td><td rowspan="2">TBC</td><td rowspan="2">Headington Hill Park</td></tr>
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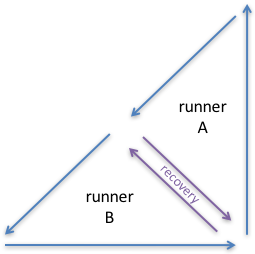
[3 mins recovery]
3 Triangles (effort up)</td></tr>
<tr><td rowspan="2">Aug 1st</td><td rowspan="2">Speed Endurance</td><td colspan="2">Paarlauf – triangle in pairs
(3K effort):
2 sets [jog across middle] with 2 mins recovery between sets
  </td><td rowspan="2">17|12 mins</td><td rowspan="2">Bury Knowle Park</td></tr>
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<tr><td rowspan="2">Aug 8th</td><td rowspan="2">Speed Endurance</td><td colspan="2">Mara's Magic Mix:</td><td rowspan="2">30 mins</td><td rowspan="2">Headington Hill Park</td></tr>
<tr><td>Part 1 - 12 min around park perimeter
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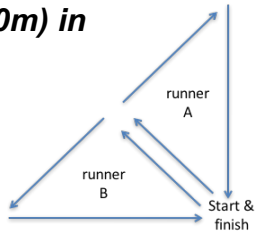
[jog to flat]
Part 4 – 4-5 x 50m 'sprints' [count to 20 slowly]</td></tr>
<tr><td>Aug 15th</td><td>Speed Endurance & Running Economy</td><td colspan="2">Captain's Challenge
Race Specific Progression #3
(target 5M pace):
3 x 2400m [90s] | 3 x 1600m [90s]</td><td>4.5|3M</td><td>Marston Ferry Road</td></tr>
<tr><td>Aug 22nd</td><td>Speed Endurance & Pace Judgement</td><td colspan="2">Bury Knowle Triangle (800m) reps with 300m 'float' (5K/threshold effort):
5-6 x Triangle [300m float] | 3-4 x Triangle [300m float]</td><td>24|18 mins</td><td>Bury Knowle Park</td></tr>
<tr><td colspan="6">Aug 27th - HEADINGTON 5</td></tr>
<tr><td>Aug 29th</td><td>Speed Endurance</td><td colspan="2">Bury Knowle park Triangle (500m) in pairs (5K effort):
2 sets with 3 mins recovery between sets
 
2 sets of 5/6 [90s] | 2 sets of 4 [2 min]</td><td>24|18 mins</td><td>Bury Knowle Park</td></tr>
<tr><td>Mid - Late Sept</td><td>Speed Endurance & Running Economy</td><td colspan="2">Captain's Challenge
Race Specific Progression #4
(target 5M pace):
3 x 3200m [2 min] | 3 x 2400m [2 min]</td><td>6|4M</td><td>Marston Ferry Road</td></tr>
<tr><td colspan="6">Oct 1st - HANNEY 5</td></tr>
</table>

HRR Tuesday Intervals Training

On Tuesday evenings I'll be leading structured training sessions for all abilities of distance runners in Headington and the surrounding area.

The purpose of the sessions will be to increase lactic acid tolerance; strengthen your heart and lungs; build leg-strength (especially the quadriceps and gluteal muscles – i.e. thighs and buttocks); and develop good running technique. Improve these and you will find your race pace at all distances from 5k and upwards improves (when combined with improving your endurance) - and the sessions might even help you catch that train or bus that you always miss!!! Importantly, we also have a lot of fun.

I'll design the sessions to be suitable a group of all abilities, with a mix of speed and training distance/volume targets, running on a variety of surfaces (road, cross country, flat, hills) depending on season and training focus/goals. I'll ensure that we fully cater for the range of participants ability and I'm committed to safety.

Sessions will be led by Evelyn Joslin a UKA Event Group Coach (coach.evelyn@icloud.com) if you have any questions or feedback) and Steve Lewis a UKA Leader in Running Fitness (selewisuk@yahoo.co.uk).

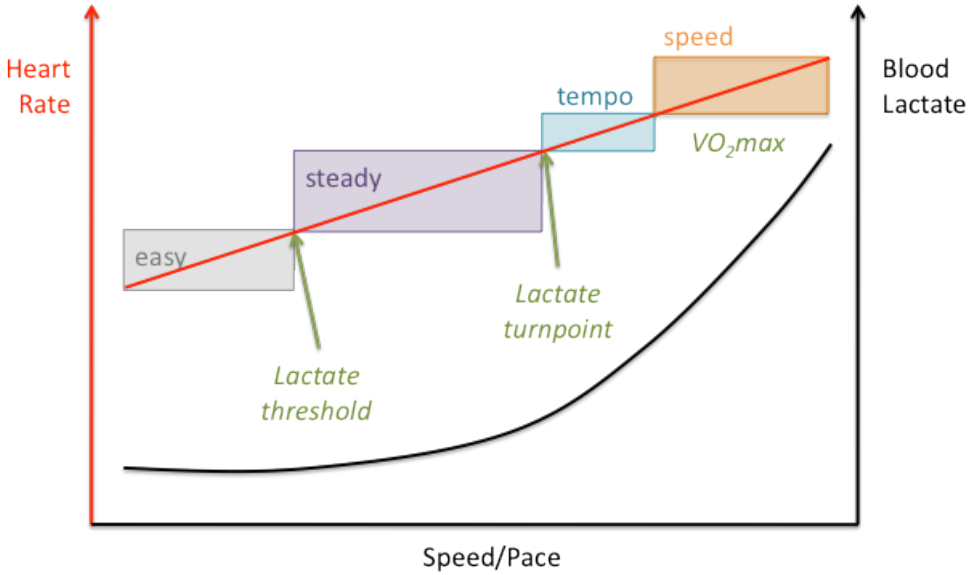
Where and when?
We meet at 7:00pm *prompt* at OXSRAD.

Who are the sessions for?
The sessions are targeted at adult endurance runners of all abilities who take part in running events throughout the year on any type of surface. Ideally, you should have built up a good base of stamina and endurance before you start to introduce faster-paced work. If you are in doubt or have any questions, get in touch.

What is the format of the sessions?
The sessions will consist of a jog warm-up, work on technique/drills, around 15-40 minutes for the main session, and a cool-down jog followed by stretching. The total distance covered will be 5-7 miles (including warm-up/cool-down), with a total duration of ~1¼ hrs. Every week the main session will have a specific goal and the type of session will reflect this i.e. intervals, hill work, speed work. Leaves OXSRAD at 7.00pm.

This is the month to: Think about your training ingredients

Components of the week. To maximise your running performance, you need to do training which will improve all the determinants of running performance, and that means doing a variety of different types of workout. In general, your training programme should include a combination of the following items.



These different types of training all produce benefits for all runners, whether they are sprinters to ultra-marathoners. But the right combination of these training techniques will very much depend on your own goals.

As well as improving your running, varying your training in this way reduces the risk that you will get stuck in a rut, and eventually get bored of your running; it also reduces the likelihood of injury and provides options for getting doing good workouts even when time is short.

Zone	What it does	% of Heart Rate Reserve
Long, slow runs, easy or recovery runs (LSR)	**Builds endurance, and develop the strength of your muscles, bones and joints. Helps develop the metabolic system to enable you to burn more fat** - this improves the ability of your heart to pump blood and improves the muscles' ability to utilize oxygen. The body becomes more efficient at feeding the working muscles, and learns to metabolise fat as a source of fuel. ***Frequency:*** *about once a week* ***Pace:*** *One to two minutes slower than marathon pace* ***Perceived Effort:*** *3 to 4 / easy* ***Talk test:*** *Complete conversation*	60-70% (134-147)
Steady - Aerobic zone or "target heart rate zone"	**Most effective for overall cardiovascular fitness. Increases your cardio-respitory capacity:** that is, the your ability to transport oxygenated blood to the muscle cells and carbon dioxide away from the cells. Also effective for increasing overall muscle strength. ***Frequency:*** *the bulk of your mileage will be done at this speed or slower* ***Pace:*** *Marathon pace or slightly slower* ***Perceived Effort:*** *5 to 6 / moderate* ***Talk test:*** *Full sentences*	70-80% (147-159)
Threshold	**Increases the ability of the running muscles to use available oxygen to convert carbohydrate and fat fuel into output** - increases your muscle mitochondria, improving your aerobic energy production; increases the blood supply within the muscles; increases blood volume and the oxygenation of the blood; improves stamina; and enhances the body's capacity to get rid of and accommodate lactic acid	82-88% (162-169)

	Frequency: *No more than once a week. No more than 10 to 15 percent of total mileage (about 3-8 miles a week)* ***Pace:*** *it a bit faster than your half marathon race pace, or 10-30 seconds a mile slower than your 10k race pace* ***Perceived Effort:*** *7 to 8 / hard* ***Talk test:*** *A few words at a time*	
Speed	**Improves the body's ability to transport blood and oxygen. Improves running economy** - this pushes your cardiovascular system to the limit; it improves your heart's stroke volume (i.e. the amount of blood pushed with each heartbeat); increases the blood supply to your muscles; enhances muscular strength; and improves running form and efficiency, so that you can cover more distance for the same amount of energy expended ***Frequency:*** *no more than 10% of your weekly training distance – from one interval session per week upto five per fortnight* ***Pace:*** *10k pace or faster* ***Perceived Effort:*** *9 / very hard* ***Talk test:*** *Can't...talk...must...run...*	90-100% (172-184)
Rest	The most important component of the training programme, since this is the time when the body can adapt, in response to the stress of training, and make the repairs that will improve your performance.	n/a

(example in brackets heart rate ranges for a resting heart rate of 60 and a max of 184 bpm)

Should I always run as hard as I can?

There will be times when you feel that you can do a workout faster than the specified pace. But running harder will not necessarily be more effective training, or make you a better runner. The point of training at different paces is to stress the body in various ways, and thus cause a variety of different, complementary adaptations of your body. If you want to improve your aerobic system then doing fast, anaerobic training is not going to help you to improve as much as running at your anaerobic threshold. Apart from the risk of fatigue and injury of making every workout hard, you need to train at different paces to get the maximum all-round improvement.

Training for fitness

Some runners are not particularly interested in improving their running performance. For them, the goals of running are primarily to keep fit, lose weight, and reduce stress rather than training to get faster.

If you have no racing goals, it is still useful to train at different paces to get the best effect on your running on your fitness, because different levels of effort develop your body in different ways. As well as providing holistic improvements in your physical fitness, this variety, you will help to maintain your interest in running and reduce the risk of injury.