



## ARE YOU A FIRST AIDER?



Please tell Coach Kelly or Coach Carol at the beginning of training nights.

## Training Schedules – Block 5

**MIX-UP YOUR TRAINING:** You may want to occasionally change the group you run with depending on how you feel/ level of weekend running you have done (**NB:** Check Tuesday schedule).

### Feb/ March Races of Note:

5<sup>th</sup> Feb – Ryde 10m HRRL  
12<sup>th</sup> Feb – Bramley 20m HRRL  
18<sup>th</sup> Feb – Hope Rising CC Run  
19<sup>th</sup> Feb – CC6 #5 Bolderwood  
26<sup>th</sup> Feb – Winchester 10k  
4<sup>th</sup> Mar – CC6 #6 Fleming Park  
11<sup>th</sup> Mar – Salisbury 10m HRRL  
17<sup>th</sup> Mar – Rhayader 20m  
25<sup>th</sup> Mar – Eastleigh 10k HRRL  
1<sup>st</sup> April – Reading Half Mara

### MONDAY NIGHTS

#### Novices – A

Date	Session	Run Leader(s)	Venue & Time
6 <sup>th</sup> Feb	Ups and Downs!	Kim Kelly (Leader) Supported by Roger Bradley (R.L) & Aurelio Bello (R.L)	Southampton Common Bellemoor Pub Entrance [on the <u>grass</u> triangle for safety] Hill Lane <b>[Meet 18:20 for 18:30 start]</b>
13 <sup>th</sup> Feb	Speed Work		
20 <sup>th</sup> Feb	Long Run (5km)		
27 <sup>th</sup> Feb	Ups and Downs!		
5 <sup>th</sup> Mar	Speed Work		
12 <sup>th</sup> Mar	Long Run (5km)		
19 <sup>th</sup> Mar	Ups and Downs!		
26 <sup>th</sup> Mar	Speed Work		

#### Beginners – A\*

Date	Session	Run Leader(s)	Venue & Time
6 <sup>th</sup> Feb	Sprints	Coach Carol Bradwell (Leader) Supported by Roy McCloughlin	Southampton Common Bellemoor Pub Entrance [on the <u>grass</u> triangle for safety] Hill Lane <b>[Meet 18:20 for 18:30 start]</b>
13 <sup>th</sup> Feb	Long Run (7/8km)		
20 <sup>th</sup> Feb	Hills		
27 <sup>th</sup> Feb	Sprints		
5 <sup>th</sup> Mar	Long Run (7/8km)		
12 <sup>th</sup> Mar	Hills		
19 <sup>th</sup> Mar	Sprints		
26 <sup>th</sup> Mar	Long Run (7/8km)		

#### Beginners & Slow Pace – B

Date	Session	Run Leader(s)	Venue & Time
6 <sup>th</sup> Feb	Sprints	Mike Dukes (Leader) Supported by Pete Lewis	Southampton Common Bellemoor Pub Entrance [on the <u>grass</u> triangle for safety] Hill Lane <b>[Meet 18:20 for 18:30 start]</b>
13 <sup>th</sup> Feb	Long Run (9/10km)		
20 <sup>th</sup> Feb	Hills		
27 <sup>th</sup> Feb	Sprints		
5 <sup>th</sup> Mar	Long Run (9/10km)		
12 <sup>th</sup> Mar	Hills		
19 <sup>th</sup> Mar	Sprints		
26 <sup>th</sup> Mar	Long Run (9/10km)		

#### Experienced – C

Date	Session	Run Leader(s)	Venue & Time
6 <sup>th</sup> Feb	Hills	Kevin Yates (Best Leader) Supported by the <i>awesome</i> Ellie Coulthard	Southampton Common Bellemoor Pub Entrance [on the <u>grass</u> triangle for safety] Hill Lane <b>[Meet 18:20 for 18:30 start]</b>
13 <sup>th</sup> Feb	Extended Run <u>till 8pm.</u>		
20 <sup>th</sup> Feb	Speed-work		
27 <sup>th</sup> Feb	Hills		
5 <sup>th</sup> Mar	Long Run (10km+)		
12 <sup>th</sup> Mar	Speed-work		
19 <sup>th</sup> Mar	Tempo Run		
26 <sup>th</sup> Mar	Long Run (10km+)		



## Experienced (faster pace) – D

Date	Session	Run Leader(s)	Venue & Time
6 <sup>th</sup> Feb	Tempo	Ben Pitman (Leader) Supported by back-marker chosen from group	Southampton Common Bellemoor Pub Entrance (on the <u>grass</u> triangle for safety) Hill Lane <b>[Meet 18:20 for 18:30 start]</b>
13 <sup>th</sup> Feb	Extended Run <u>till 8pm.</u>		
20 <sup>th</sup> Feb	Hills		
27 <sup>th</sup> Feb	Speed work		
5 <sup>th</sup> Mar	Tempo		
12 <sup>th</sup> Mar	Hills		
19 <sup>th</sup> Mar	Speed work		
26 <sup>th</sup> Mar	Tempo		

## Experienced (even faster pace) – E

(NOTE: dependent on there being adequate numbers to warrant an extra group)

Date	Session	Run Leader(s)	Venue & Time
6 <sup>th</sup> Feb	Tempo	Jim Davies (Leader) Supported by back-marker chosen from group	Southampton Common Bellemoor Pub Entrance (on the <u>grass</u> triangle for safety) Hill Lane <b>[Meet 18:20 for 18:30 start]</b>
13 <sup>th</sup> Feb	Extended Run <u>till 8pm.</u>		
20 <sup>th</sup> Feb	Hills		
27 <sup>th</sup> Feb	Speed work		
5 <sup>th</sup> Mar	Tempo		
12 <sup>th</sup> Mar	Hills		
19 <sup>th</sup> Mar	Speed work		
26 <sup>th</sup> Mar	Tempo		

**Group E** will be the 'faster' members of Group D and above, on a week by week basis, and the programme of training will be aligned to group D, but at a faster pace, or more intense session. In offering this higher intensity of training, we will be widening the training programme even further, so if you have any 'super fast' work-mates, friends, relatives, who would be suitable candidates for Jim's expertise, bring them along!

**Note:** Schedule/ Run Leaders may be subject to change at discretion of Head Coach

## GUIDE TO MONDAY SESSIONS

**Warm-ups** will involve dynamic stretching, strides, walking lunges, short runs and to keep things interesting could also include such jolly activities as Indian file; chase-the-mouse; jump-the-rainbow and follow-the-leader. New ideas always welcome!

The core element of the Monday night training session will then involve 40-50mins of either:

**Mixed ability speed-work:** Speed-work is any running workout in which you run faster than your normal pace for a certain time or distance, or intervals. In between those fast intervals, runners recover at a slower-than-normal pace. These sessions will be variations on shuttle runs in relay teams but a lot more fun! These sessions start the 6 week training block and offer a chance for runners to mix, get to know each other and motivate each other on.

**Tempo Run:** These are an excellent way for runners to build speed and strength. These runs are done at a steady 'comfortably hard' pace and help runners develop their anaerobic or lactate threshold, which is critical for running faster.

**Long Run:** These are done at 'conversational pace' and for some runners will be the highest mileage run of their week. For beginners, these will involve intermittent walking, jogging and running. The distance will vary according to the speed of the group, ranging from 3-8 miles.

**Timed Session (Time Trial):** These 3.5km timed runs are designed to monitor progress. They will establish a benchmark so that runners can compare their performance after each 6 week training block. Run leaders will act as pacers and there will also be running buddies to run (or walk) alongside and motivate less confident club members. This will be a fun night simulating the camaraderie and motivational cheering of club races and will act as a stepping stone to parkrun for those who are keen to enter these.

**Cool-downs** will follow all sessions and will involve slow jogging and a variety of gentle stretches.

**Post Monday night social** – all runners are warmly invited to join us at the Bellemoor Pub after training for dinner and/or drinks.

## RECOMMENDED KIT

It is highly recommended that you wear Hi-Viz clothing on ALL → winter training runs to ensure you are seen in the dark and potentially foggy evenings. SAFETY FIRST!



← Also, a HEAD-TORCH is a very useful bit of kit. E.g. The Alpkit Gamma [Left; £12.50 by Alpkit ] was voted best value head torch in the February edition of Trail magazine.

## TUESDAY NIGHTS

### All abilities welcome

While these Tuesday night sessions are designed to be a hard workout, designed to push runners **of all abilities** beyond their comfort zone, this doesn't mean they are not fun! Warm-ups will involve dynamic stretching, strides, walking lunges, short runs and to keep things interesting could also include such jolly activities as Indian file; chase-the-mouse; jump-the-rainbow and follow-the-leader. New ideas always welcome!

### ARE YOU A FIRST AIDER?



Please tell Coach Kelly or Coach Carol at the beginning of training nights.

**Location:** Meet at **Oasis Academy, Lordshill (SO16 8BY)** at 18:20 to leave promptly at 18:30. Once you have parked, walk to the Sports Centre building next to Oakland Swimming Pool. Reception will buzz you in –we all meet next to the lockers & the LRR notice board.



**Why not give Tuesdays a Try?** (See next page for schedule)

**TUESDAY SCHEDULE**

\*SPORTS CENTRE: Meet at top of hill on Southern-most edge of Sports Centre (access via Hill Lane) by the car park, bowls green & 'The Sporting View' pub

Date	Session	Content	Venue & Time	Run Leader(s)
Tues 7 <sup>th</sup> Feb	1 km reps	80% effort x 5 reps. Up to 90 secs recovery	Nursling Ind. Estate [Meet at Oasis at 18:20]	Rob Kelly (Coach)
Tues 14 <sup>th</sup> Feb	Hills long	60% effort x up to 10 reps no recovery	Lordswood [Meet at Oasis at 18:20]	Rob Kelly (Coach)
Tues 21 <sup>st</sup> Feb	Pyramids	1k → 1k recovery → 750m → 750m rec → 500m → 500m rec → 250m → 250m rec	Nursling Ind. Estate [Meet at Oasis at 18:20]	Rob Kelly (Coach)
Tues 28 <sup>th</sup> Feb	500m reps	80% effort x up to 10 reps up to 60 secs recovery	Nursling Ind. Estate [Meet at Oasis at 18:20]	Rob Kelly (Coach)
Tues 6 <sup>th</sup> Mar	Hills (short/ sprint)	80% effort x up to 5 reps up to 60 secs recovery if required	Sports Centre [Meet at Oasis at 18:20 or Sports Centre* at 18:45]	Rob Kelly (Coach)
Tues 13 <sup>th</sup> Mar	1 mile reps	80% effort x up to 5 reps up to 120 secs recovery	Nursling Ind. Estate [Meet at Oasis at 18:20]	Rob Kelly (Coach)
Tues 20 <sup>th</sup> Mar	Pyramids	1k → 1k recovery → 750m → 750m rec → 500m → 500m rec → 250m → 250m rec	Nursling Ind. Estate [Meet at Oasis at 18:20]	Rob Kelly (Coach)
Tues 26 <sup>th</sup> Mar	Hills long	60% effort x up to 10 reps no recovery	Lordswood [Meet at Oasis at 18:20]	Rob Kelly (Coach)

**GUIDE TO SESSION TERMINOLOGY**

**% Effort:** through attending these sessions runners will become more able to monitor their effort output.

- **60% maximum effort (MODERATE)** as being able to hold a conversation while running – it is comfortable and easy, with low muscle and cardiovascular load (stress). This will improve general base fitness, improve recovery and boost metabolism.
- **80% maximum effort (HARD)** should feel like a tough run (muscular fatigue and heavy breathing) and increases runners' ability to sustain high speed endurance.

**REPS** – for speed endurance; to prolong the amount of time at which a near optimal speed can be maintained. Interval workouts consist of repeated shorter segments of fast running separated by slow jogging "recoveries". This format enables a runner to pack more fast-running into a single workout than he or she could with a single prolonged fast effort to exhaustion. Technique is very important, with relaxation/ recovery being critical as once legs start to "tighten up" the degradation of speed is accelerated. All sessions will start with a warm up and end with a cool down session.

**HILL RUNNING** - allows for running on a different surface and teaches a slightly modified technique that is more aggressive and requires more knee lift. These sessions increase aerobic power, high-intensity fatigue resistance, pain tolerance, and run-specific strength and will help improve the duration of a sprint race or the finishing kick in a distance race. Runners of different abilities will start at different points up a hill. All sessions will start with a warm up and end with a cool down session.

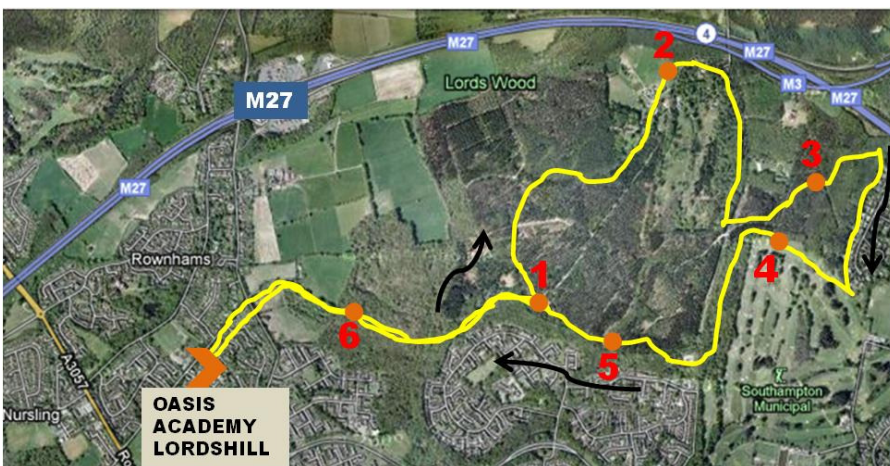
**PYRAMID SESSIONS** – are a useful training tool as they allow a range of distances (and potentially speeds) to be run in a single session. As the name suggests it involves there being a step up or down in distance of consecutive runs, e.g. 400, 800, 1200, 800, 400. Physiologically, the levels of lactate in the system can be experimented with in these sessions, to find where your strengths and weaknesses are.

## THURSDAY NIGHTS

### All abilities welcome

Club runners meet at **Oasis Academy**, Lordshill (SO16 8BY) at 18:20 to leave promptly at 18:30.

**Location:** Once you have parked at Oasis, walk to the Sports Centre building next to Oakland swimming pool. Reception will buzz you in – we all meet next to the lockers and the LRR notice board.



Example of 6.5 mile Thursday Club Run (Lords Wood).

These are steady endurance runs as opposed to 'coached skills sessions'. They build aerobic endurance, making the heart bigger and more efficient. Runs typically cover 5-9 miles (roughly 60-80mins) around local paths, tracks and trails (suitable for road running shoes). Popular routes include Testwood Lakes, Lordswood woods and the Sports Centre/ Golf Course (e.g. above map). Depending on who turns up on the night, different groups may be formed according to running ability - e.g. there will be an option of shorter slower runs that do not exceed 5miles for less confident runners - or the faster runners may do run-backs. On the darker winter nights we utilize the minor roads around Southampton and runners are requested to wear Hi-Viz clothing and bring head torches if they own them. These runs provide good training for RR10's and CC6's and will help club members get used to running on different terrains. In addition, they enable runners to explore some of the more scenic parts of Southampton, off the beaten track, without getting lost.

### Track Sessions



Runners meet at 1810 for an 1815 start for Sports Centre track sessions – track use incurs a £2.60 entry fee. These sessions are organized on an ad-hoc basis according to demand.

Sessions will be coached and runners will be taught track-running etiquette. The athletics track is completely flat and precisely measured enabling runners to establish their maximum speed. Activities could include: pyramid reps (e.g. 600m→800m→1000m→800m→600m with 90 secs recovery between distances); Parlov sessions (where running pairs alternate between sprinting 300m and recovering 100m so that as a pair they are perpetually moving) and short distant races.