

TRAINING PROGRAMME (August 2024)

1 Aug	Thurs	Race VO ₂ Max + Basic Speed	3x800m, 3x500m, 3x200m [4500m] or 3x700m, 3x400m, 3x200m [3900m] or 3x600m, 3x300m, 3x100m [3000m] [4min/3min/2min walk recovery] @5k-3k pace performed as 3x800, 3x500, 3x200 <i>Reduced distance and pace due to heat.</i>	Haverhill @7.30pm At King James Academy School (Senior Site) - @6.45 Controlled hard efforts at 5k-3k pace #discipline Check pace charts [see below]
4 Aug	Sun	Long Run / recovery	upto 90mins+ easier off-road endurance run	Keep the miles in but moderate the pace
6 Aug	Tues	Lactate- threshold workout LT interval	Tempo Tues [3-5]x6min tempo efforts ran as 5min@10mile/1min jog/1min@10k/1min jog 10min progressive w/u + tempo efforts with 10min c/d tempo efforts as 10mile-10km pace	Focus on performing these efforts at the correct 10mile and enhanced 10k even tempo efforts.
8 Aug	Thurs	Race VO ₂ Max + Basic Speed	Summer 5k series Or 3 x [4 x 500m] @5km [6000m total] or 3 x [3 x 600m] @5km [5400m total] or 3 x [3x 400m] @5km [3600m total] 2mins between reps / 3-4mins btwn sets	Haverhill @7.30pm At King James Academy School (Senior Site) - @6.45 Controlled harder efforts
11 Aug	Sun	Long Run / recovery	upto 90mins+ easier off-road endurance run	Keep the miles in but moderate the pace
13 Aug	Tues	2 nd LR / Tempo	Tempo Tues #mixandmatch 60min fartlek Grp run to include varied tempo efforts. Try alternating lead as a rolling train to include target landmarks of differing time efforts.	Keep the session fun and varied within an overall longer run increasing pace with suitable recoveries.
15 Aug	Thurs	VO ₂ Max + Basic Speed	3 x [5 x 300m] @3km [4500m total] or 2 x [4 x 400m] @3km [3200m total] or 3 x [4x 200m] @3km [2400m total] 90sec between reps / 3mins btwn sets	At King James Academy School (Senior Site) - @6.45 Quicker efforts than 3k pace
18 Aug	Sun	Long Run / recovery	upto 90mins+ easier off-road endurance run	Keep the miles in but moderate the pace
20 Aug	Tues	REST / Easy run	An easy sociable group trial run to include a few relaxed strides of 6x1min race pace efforts	
22 Aug	Thurs	Race	Summer 5k series [Home fixture]	Royston @7.30pm Good luck to ALL ☺
25 Aug	Sun	Long Run / recovery	upto 90mins+ easier off-road endurance run	Keep the miles in but moderate the pace
27 Aug	Tues	2 nd LR / Tempo	Tempo Tues [5-6]x4min tempo efforts [1min rolling recoveries] 15min progressive w/u + tempo efforts with 15min c/d tempo efforts btwn 10k-10mile pace	Focus on performing these efforts at the correct 10mile at good even tempo efforts.
29 Aug	Thurs	Race	Summer 'Six' Appeal 2x[2x600m/2x400m/2x200m] @3km [4800m total] 2x[2x500m/2x300m/2x200m] @3km [4000m total] 2x[2x400m/2x300m/2x200m] @3km [3600m total] 90secs between efforts /3mins btwn sets 1&2	At King James Academy School (Senior Site) - @6.45 Quicker efforts than 3k pace Check pace charts [see foot of page]

During the warmer summer period ensure the body is allowed to recover between races and harder race prep workouts with very EASIER recovery runs and HYDARTE well prior, during and post sessions in the summer. Learn to listen to your body rather than staring than being driven by the watch pace!

How to scale speed workouts [for summer heat & humidity]

FOCUS ON EFFORT

When you are running near your VO₂max, that often means you simply can't hit the paces without turning a workout into a race effort – and if a workout becomes a race effort, then it ceases to be a workout. Instead, summer speed workouts are best done when focusing on perceived effort, not pace. Aim for 5K effort instead of 5K pace. The most reliable assessments of effort are your breathing and the talk test. For speedwork, your breathing will be laboured so you can only speak a word or two at a time.

TURN TRACK WORKOUTS IN TIME-BASED FARTLEKS

You can easily adapt a workout to focus on effort rather than pace by scaling the parameters. Track workouts focus on time and distance; even if you are focusing on effort, you may still be tempted to compare your 800m repeats to what you run in cooler weather. Remove all temptation to compare or push the pace with fartlek workouts that utilize time and effort rather than distance and pace.

If you have 10 x 400m at an 8minute pace on the schedule, this would translate to 10 x 2 minutes hard. Scale the recovery intervals accordingly as well – 400m recovery would become a 2:30 min recovery. Try these VO₂max fartlek intervals for an alternative to popular workouts such as 800m repeats.

KEEP IT SHORT

Shorter intervals are more manageable in the hot months, as you are spending less continuous time working hard. Long repeats such as mile repeats require an increased heart rate for a prolonged period of time, which is more difficult and potential risk in high heat and humidity.

SCALE THE INTENSITY

Alternatively, you can scale the intensity: rather than doing a workout at 3K-5K pace, scale back to 8K-10K effort (also known as critical velocity). Since your body is already working harder just to stay cool in the heat, this adjustment whilst these paces won't render the exact same physiological adaptations, let's not overthink things: you'll still do faster running, tax your fast-twitch muscles fibers, and get a good workout.

You may benefit from scaling back your recovery intervals even more. After all, the purpose of recovery intervals is (as the name implies) recovery, not hitting a certain pace. Walk for part of all of the recovery intervals in summer to help your heart rate return to normal and to maintain the purpose of the rest breaks.

KNOW WHEN TO BAIL THE WORKOUT

Sometimes, it's not worth pushing through a workout. Speed work in the heat is hard, but it should not be so hard that it leaves you feel weak or completely exhausted. If you are struggling to complete the intervals without stopping, call it a day and run easy instead. Any sign of heat illness, including dizziness, light-headedness, nausea, or overheating, is a sign to stop your workout.

On extremely hot or humid days, the more prudent decision is often to do an easy run instead or opt for a **treadmill workout**.

RUNNING ON HOLIDAY - 10 TIPS FOR STICKING TO YOUR SCHEDULE

If you're heading off on holiday it could be a great opportunity to run somewhere new. Here are some tips for running through your holiday and keeping your fitness levels high...

Set a goal - and then reduce it

You're on holiday, so why not scale it back a bit? Take your normal running schedule and reduce it a bit with either shorter runs or by having more rest days.

Combine it with sightseeing

If you're in a new place, running can be a great way to see the sights. Use online mapping tools to check out what's nearby and see the sights on foot. Make sure you take your phone with you - you can take a few photos to share with your friends and track your runs on strava.

Try different types of running

If you're in a mountainous country, you can pull on some trail running shoes and go off-road. Beaches and dunes are great too and provide an opportunity to mix up your training and strengthen different muscles.

Run in the morning

In hot countries, the morning is the coolest time of the day. You can run more comfortably and it's safer too. You can get out before the day really begins and be back in time for breakfast - why not reward yourself with a few of the local delicacies?

Bring gear that matches the climate

Check out the weather forecast for where you're going and make sure to pack the right gear in your luggage.

Head to the nearest water

If you're near the sea or have a hotel pool, plan your run to finish with a refreshing dip in the water.

Plan when you eat and drink

If you're going to run in the morning, try not to eat too late the night before. Holidays can mean drinking more - but again, your performance will improve if you don't have nights out before running in the morning.

Go running on treadmills

If you're heading to a warmer destination, going indoors can be the solution. A lot of hotels have gyms, so running on the treadmills can be a good alternative to the hot outdoors.

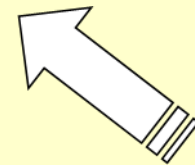
Pace chart for 400 meters to 10km

400M 500M 600M 800M 1000M 1200M 1600M 3KM 5KM 5Miles 10Km

56.00	70.00	84.00	1.52	2.20	2.48	3.44				
58.00	72.50	87.00	1.56	2.25	2.54	3.52	7.15			
60.00	75.00	90.00	2.00	2.30	3.00	4.00	7.30	12.30		
62.00	77.50	93.00	2.04	2.35	3.06	4.08	7.45	12.55	20.47	25.50
64.00	80.00	96.00	2.08	2.40	3.12	4.16	8.00	13.20	21.27	26.40
66.00	82.50	99.00	2.12	2.45	3.18	4.24	8.15	13.45	22.07	27.30
68.00	85.00	1.42	2.16	2.50	3.24	4.32	8.30	14.10	22.47	28.20
70.00	87.50	1.45	2.20	2.55	3.30	4.40	8.45	14.35	23.27	29.10
72.00	90.00	1.48	2.24	3.00	3.36	4.48	9.00	15.00	24.07	30.00
74.00	92.50	1.51	2.28	3.05	3.42	4.56	9.15	15.25	24.47	30.50
76.00	95.00	1.54	2.32	3.10	3.48	5.04	9.30	15.50	25.27	31.40
78.00	97.50	1.57	2.36	3.15	3.54	5.12	9.45	16.15	26.07	32.30
80.00	1.43	2.00	2.40	3.20	4.00	5.20	10.00	16.40	26.47	33.20
82.00	1.45	2.03	2.44	3.25	4.06	5.28	10.15	17.05	27.27	34.10
84.00	1.48	2.06	2.48	3.30	4.12	5.36	10.30	17.30	28.07	35.00
86.00	1.50	2.09	2.52	3.35	4.18	5.44	10.45	17.55	28.47	35.50
88.00	1.53	2.12	2.56	3.40	4.24	5.52	11.00	18.20	29.27	36.40
90.00	1.55	2.15	3.00	3.45	4.30	6.00	11.15	18.45	30.07	37.30
92.00	1.58	2.18	3.04	3.50	4.36	6.08	11.30	19.10	30.47	38.20
94.00	2.00	2.21	3.08	3.55	4.42	6.16	11.45	19.35	31.27	39.10
96.00	2.03	2.24	3.12	4.00	4.48	6.24	12.00	20.00	32.07	40.00
98.00	2.05	2.27	3.16	4.05	4.54	6.32	12.15	20.25	32.47	40.50
1.40	2.08	2.30	3.20	4.10	5.00	6.40	12.30	20.50	33.27	41.40
1.42	2.10	2.33	3.24	4.15	5.06	6.48	12.45	21.15	34.07	42.30
1.44	2.13	2.36	3.28	4.20	5.12	6.56	13.00	21.40	34.47	43.20
1.46	2.15	2.39	3.32	4.25	5.18	7.04	13.15	22.05	35.27	44.10
1.48	2.18	2.42	3.36	4.30	5.24	7.12	13.30	22.30	36.07	45.00
1.50	2.20	2.45	3.40	4.35	5.30	7.20	13.45	22.55	36.47	45.50
1.52	2.23	2.48	3.44	4.40	5.36	7.28	14.00	23.20	37.27	46.40
1.54	2.25	2.51	3.48	4.45	5.42	7.36	14.15	23.45	38.07	47.30
1.56	2.28	2.54	3.52	4.50	5.48	7.44	14.30	24.10	38.47	48.20
1.58	2.30	2.57	3.56	4.55	5.54	7.52	14.45	24.35	39.27	49.10
2.00	2.33	3.00	4.00	5.00	6.00	8.00	15.00	25.00	40.07	50.00
2.02	2.35	3.03	4.04	5.05	6.06	8.08	15.15	25.25	40.47	50.50
2.04	2.38	3.06	4.08	5.10	6.12	8.16	15.30	25.50	41.27	51.40
2.06	2.40	3.09	4.12	5.15	6.18	8.24	15.45	26.15	42.07	52.30
2.08	2.43	3.12	4.16	5.20	6.24	8.32	16.00	26.40	42.47	53.20
2.10	2.45	3.15	4.20	5.25	6.30	8.40	16.15	27.05	43.27	54.10
2.12	2.48	3.18	4.24	5.30	6.36	8.48	16.30	27.30	44.07	55.00
2.14	2.50	3.21	4.28	5.35	6.42	8.56	16.45	27.55	44.47	55.50
2.16	2.53	3.24	4.32	5.40	6.48	9.04	17.00	28.20	45.27	56.40

5KM	8KM	10Km	15Km	10Miles	20Km	1/2 Mar	Marathon
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13.00	21.36	27.12	42.04	45.46	57.31	1.01.02	2.09.21
14.00	23.16	29.17	45.18	49.18	1.01.57	1.05.44	2.19.18
15.00	24.55	31.23	48.32	52.49	1.06.22	1.10.25	2.29.15
16.00	26.35	33.28	51.47	56.21	1.10.54	1.15.07	2.39.12
17.00	28.15	35.33	55.01	59.51	1.15.13	1.19.48	2.49.09
18.00	29.54	37.39	58.15	1.03.23	1.19.39	1.24.30	2.59.06
19.00	31.34	39.45	1.01.29	1.06.54	1.24.04	1.29.12	3.09.03
20.00	33.13	41.50	1.04.43	1.10.25	1.28.30	1.33.54	3.19.00
21.00	34.53	43.56	1.07.57	1.13.56	1.32.55	1.38.35	3.28.57
22.00	36.52	46.02	1.11.12	1.17.27	1.37.21	1.43.17	3.38.54
23.00	38.12	48.07	1.14.26	1.20.59	1.41.46	1.47.59	3.48.51
24.00	39.52	50.12	1.17.46	1.24.30	1.46.12	1.52.40	3.58.48



Check out your track pacing
and racing Goals!!

