



## TRAINING PROGRAMME (July 2024)

2 July	Tues	Lactate-threshold workout LT interval	For those racing Thursday; an very easy 20-30 mins incl. 5x1min <u>relaxed</u> race pace strides [1min btwn] Or 60 mins: to include 10mins easy warm up run plus 2-3 x 12mins [2min easy between effort@ <u>10mile pace</u> 10mins c/down	<i>Focus on performing these efforts at the correct <b>10mile</b> at good even tempo efforts.</i>
4 July	Thurs	Race or Beginners / masters Session	Arkwright 5k race series - Race 4 <b>or</b> Speedwork: 1km Time Trial 3x90sec,3x60sec,3x45sec,3x30sec [60sec jog/60sec walk btwn sets] performed @3km pace	Arkwright 5k series - Saffron Walden  At King James Academy School (Senior Site) - @6.45
7 July	Sun	Long Run / recovery	upto 90mins+ off road run (steady <u>rec</u> pace)	<i>Keep the miles in but moderate the pace</i>
9 July	Tues	REST / Easy run	Rest or very easy 20-30 mins run including 5 x 1min <u>relaxed</u> race pace strides [1min easy btwn]	<b>**Think race strategy &amp; improvements from earlier races</b>
10 July	Weds	<b>RACE</b>	<b>**2024 MWL Road Race - MobMatch**</b>	<b>Welwyn Garden City Good luck to ALL ☺</b>
11 July	Thurs	Beginners / masters Session	<b>Beginners' introduction session to speedwork [Part 2]</b> A gentle fun intro to speedwork session Come and join the fun!	At King James Academy School (Senior Site) - @6.45
14 July	Sun	Long Run / recovery	upto 90mins+ off road run (steady <u>rec</u> pace)	<i>Focus on building endurance slowly by adding 10% weekly</i>
16 July	Tues	REST / Easy run	Club Group Trail Run or Rest or very easy 20-30 mins run including plus 1min,2min,3min <u>relaxed</u> strides [1min easy btwn] for those racing Thurs	<b>**think about visualising the race strategy &amp; final push ...</b>
18 July	Thurs	<b>RACE</b>	<b>Stevenage 3km Relays incorp. Herts Senior &amp; Vets Relay Championships</b> <b>*** No speedwork session ***</b>	Fairlands Valley Park, Stevenage Good luck to ALL ☺
21 July	Sun	Long Run / recovery	upto 90mins+ <b>steady</b> off-road shade seeking endurance run	<i>Keep the miles in but moderate the pace</i>
23 July	Tues	REST / Easy run	Rest or very easy 20-30 mins run including 5 x 1min <u>relaxed</u> race pace strides [1min easy btwn]	<b>**Think race strategy &amp; improvements from earlier races</b>
25 July	Thurs	Easy run	<b>*** No speedwork session ***</b>	
26 July	Friday	VO <sub>2</sub> Max	<b>Summer TRACK RACE NITE FUN</b> To include <b>MILE</b> race special plus <b>OMNIUM</b> handicap track races ~ Short <b>TEAM RELAY</b> to finish More details to follow closer to the nite	<b>RR TRACK AWAY DAY ~ Ridlins Track, Stevenage</b>  Note: <b>FUN TEAM</b> session
28 July	Sun	Long Run / recovery	upto 90mins+ off road run (steady <u>rec</u> pace)	<i>Keep the miles in but moderate the pace</i>
31 July	Tues	Tempo	<b>20:20:20</b> continuous run to include 20mins easy-steady / 20mins tempo effort / 2mins easy c/d	

During a busy racing season programme ensure the body is allowed to recover between races and harder race prep workouts with very EASIER recovery runs and HYDARTE well during the summer. Learn to listen to your body rather than staring than being driven by the watch pace!

## 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

### Equivalent times for 5Km through Marathon

5KM	8KM	10Km	15Km	10Miles	20Km	1/2 Mar	Marathon
13.00	21.36	27.12	42.04	45.46	57.31	1.01.02	2.09.21
14.00	23.16	29.11	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	44.01	1.07.57	1.13.56	1.32.55	1.38.35	3.28.57
22.00	36.52	46.11	1.11.12	1.17.27	1.37.21	1.43.17	3.38.54
23.00	38.12	48.11	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!!

