

### **3rd September 2010**

Pace for the reps is faster than mile pace but no greater than 90% effort  
recovery is very slow jog  
emphasis is on SPEED

This is a flat session or a hill session, if on a hill it will hurt more and force you to lift your legs a little more

find some lampposts or use cones spaced out over around 200 metres(5 points would be nice)

Go hard to the cone and VERY easy back 1/2/3/4/5/4/3/2/1(pyramid) then have 2 minutes rest

DO 3 sets if you can but a minimum of 2 sets

If it feels easy then run harder

If it still feels easy then do the recovery jogs faster as well

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### **13th September**

This week is tempo

5km runners

Mile warm up

1.8 miles at 5km + 15 seconds

Mile cool down

Others

Same WU and CD

4 MILES at 10km pace + 15 seconds

Pace management is key

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### **19th September**

Here we go boys and girls, back to living the 5km speed dream

Mile reps

3 x 1 mile @ 5km pace with 3 mins easy jog recovery (this can be walking just keep moving)

Warm up and Cool down ideally 1 miles each side and stretching but half a mile will do if time or fatigue an issue

Tip time: get the pace right or this will hurt, it is about control

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## **26th September**

This is a repeat of Session 2 but with some extra reps in it and over a longer area

Pace for the reps is faster than mile pace but no greater than 90% effort  
recovery is very slow jog  
emphasis is on SPEED

This is a flat session or a hill session, if on a hill it will hurt more and force you to lift your legs a little more

find some lampposts or use cones spaced out over around 300 metres(6 points this time!!)

Go hard to the cone and VERY easy back 1/2/3/4/5/6/5/4/3/2/1(pyramid) then have 2 minutes rest

DO 3 sets if you can but a minimum of 2 sets

If it feels easy then run harder

If it still feels easy then do the recovery jogs faster as well

Enjoy

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## **5th October**

This week is tempo so small tweak to the Tempo sessions

5km runners

Mile warm up

2 miles at 5km + 15 seconds

Mile cool down

Others

Same WU and CD

3 MILES at 10km pace + 20 seconds

1 mile easy

2 MILES at 10km pace + 15 seconds

Remember that it is + 15 PER MILE not overall

Pace management is key, especially for the 10km runners

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### **12th October**

this weeks session is pretty straight forward

1km warm up

3 x 2km @ 10km pace with 1 km jogged recovery between reps

1km cool down

For the short of time or the 5km speed monsters you can do 2 x 2km @5km pace with 2 minutes easy jog between reps same warm up and cooldown as above

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### **24th October**

New session

Speed time

get 2 lamppost about 70 metres apart

3 sets of 6 reps running 85% effort with 30 seconds between reps and 2 minutes between sets

If you run too hard you will really pay for it with the short recoveries

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### **2nd November**

Half Marathon runners - 8 mile progressive

Start at Half Marathon pace + 90 seconds then run miles 2 to 7 progressively faster finishing faster than Half Marathon pace. The idea is to run all the miles quicker if you go too hard too early you will blow up

10km runners - 6 miles

Start at 10km pace + 70 seconds run miles 2 through 5 faster with the last mile faster than 10km pace

5km runners - 4 miles

Start at 5km pace + 60 then mile 2 at 5km pace + 15 mile 3 at 5km pace and then cruise the last mile

Enjoy

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### **8th November**

This weeks sessions

6 x 3 mins hard with 1 minute jog recoveries suggest 5/10km paced efforts. Due to the short recoveries this session gets progressively harder.(JOG REAL SLOW)

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### **14th November**

5km runners

5 x 1km at 5km pace but with the last effort done with everything you have left - 1 minute recoveries, this is current 5km pace not PB target pace

10km runners

4 x 2 kms at 10 km pace with the last effort done with everything you have left - 1 minute recoveries, this is current 10km pace not target PB pace

Pain rating is high and the last rep will be special :-)

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### **24th November**

Half marathon runners this is a 10 mile run - the idea is to run miles 1 - 9 all slightly faster with miles 7 - 9 being HMP or faster with the last mile as a jog cool down. In theory you could run 10/9.59/9.58 etc but where is the challenge in that? I generally think up from HMP so an example is a 7 min mile half marathon runner would do this :

1 - 8.30

2 - 8.15

3 - 8.00

4 - 7.45

5 - 7.30

6 - 7.15

7 - 7 min  
8 - 6.XX  
9 - 6.XX(faster than the mile above)  
10 - jog

Go too fast too early and you feel much pain

10km runners get a 6 mile run with similar principles but you do NOT go faster than 10km pace.  
Again using our 7 min miler as a benchmark

1 - 8.00  
2 - 7.30  
3 - 7.20  
4 - 7.10  
5 - 7.00  
6 - jog home

Again you can do a lot of damage here if you go too hard too early, remember the idea is to go progressively faster so if you run mile 2 at say 7.10 pace you will need to run all the miles below 7.10 !!!!! THIS WILL HURT

I know many people who have done this session and on first attempt blown up really badly due to thinking it was too easy early on.

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## **15th December**

Hill or [intervals](#) session you can do it either

pyramid games

6 lamposts Hard out (should be faster than 5km pace ) easy back

Try to do 2 or 3 sets

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## **23rd December**

track or garmin distance based is

10 x 400 metres with 1 minute recoveries done at around 5km pace

OR FASTER :-)

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### **31st December**

pyramid time

200 400 800 1200 800 400 200 looking to run at 5km pace or faster with 400 metre jog recoveries

If you think you might struggle then do 200 400 800 400 200

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### **14th jan 2011**

800s time people

2 x 3 x 800 at 5km pace with 2 minutes between reps and 3 minutes between sets.

Get the pace right and this is a hard but achievable session

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### **18th jan**

4 x 4 minutes with 2 minute recoveries running faster than current 5km pace(just rag yourself basically and see how close you get to the same distance each time)

I promise pain, I know after the last rep I did last night I wanted to be put down

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### **18th feb**

Session time

3 x 4 x 45 seconds with 45 seconds recover(jog slow or stand still)

2 minutes between sets

This is a real speed session run hard and feel the burn

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### **28th feb**

Something a little different

4 x 1 mile at 10km plus 15 seconds off 60 second recoveries

So if you 10km pace is 7 mins per mile you run the 4 x 1 mile @ 7.15 pace

Enjoy

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### **9th march**

Short work this week

8 x 2 minutes at 5km pace with jog recoveries of 60 seconds

Don't forget to warm up and cool down

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### **15th march**

The session is 10 x 500 metres at 5km pace with 90 seconds recovery between reps

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### **29th march**

1 mile easy 4 miles at 10km pace plus 20 seconds 1 mile cool down

Basically a [tempo run](#)

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### **5th april**

5 x 150 metres as hard as you can go with 2 minutes jog recoveries then 2 x 400 metres with 2 min jog recoveries as hard as you can go.

This is hardcore fast running so expect to be running faster than your mile PB

Oh and it hurts

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### **12th may**

Something frisky this week

3 x 6 x 30 seconds off 30 second recoveries with 3 minutes between sets

Run efforts should be around 90% which means by about number 4 in a set you are closer to 95%

Have fun

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### **19th may**

Session time

6 x 800 @ 5km pace off 60 seconds

Enjoy

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### **31st may**

10km work this week guys

1 mile [WU](#)

3 miles at 10km pace plus seconds per mile

1 mile CD

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### **8th june**

This weeks session was 10 x 400 off 60/120 @ miles pace I think need to read back now

16th june

5/10km season is firmly here now so something a little bit more specific

2 x 2km at 5km pace off 2 mins jog recovery followed by 1km best effort.

Enjoy

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### **27th june**

Tempo work is back



1 mile easy 4 miles at 10km pace plus 15 seconds per mile 1 mile easy

Obviously if you are doing a half marathon you could do 4 miles at HMP

regards

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**6th july**

Speed work time - I am sure many of you must have a fetch mile coming up so

idea is to run close to planned mile pace

400/400 jog

800/800 jog

1200/800jog

800/800jog

400

Mile either side as warm up and cool down

The hard reps are the 1200 and the 2nd 800

the brave can do 400 recoveries for all reps and do mile pace (remember the only rule of jog recoveries is that you jog)

the 5km runners can do 400 recoveries with all the reps at 3/5km pace

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