

**The 2011 training schedule for the Basingstoke Road Running/Cross Country group – issued on 7 August 2011**

The big targets for Autumn 2011 are the Basingstoke Half Marathon and the Snowdon Marathon (for those that have entered), and also the November race of the Cross-Country season (date and venue yet to be announced).

## BMHAC Seniors



Each training phase will follow a weekly training schedule that will focus upon building the stamina/speed/strength appropriate for the Target races.  
Group sessions will be Tuesday and Thursday evenings at Down Grange, 6:30pm.

Below you will find the training schedule for the next three months from August to October 2011. The schedules are split into the FAST group, and the SLOW/MEDIUM group. You will note that both the two groups have similar schedules, and it is intended that we should all train together, especially on Tuesdays, and Thursdays if possible, because the sessions allow for shortening/lengthening while on the same course and we should feel comfortable together regardless of speed/ability.

The **first table** is for the FAST group. For the FAST group, two of the seven days in the week (Tuesday and Thursday) feature some form of speedwork, such as fartlek, interval training or tempo runs. The purpose of these workouts is to develop leg strength and stamina. One long run a week (Sunday) has as its purpose of improving aerobic fitness and endurance.

The **second table** is for the SLOW/MEDIUM group, and we have reduced the frequency of runs (i.e. more rest days) compared to the FAST group, and reduced the number of rep sessions, but the goals (as per the FAST group) are exactly the same, i.e. leg strength, stamina, and endurance.

Note that Club Championship races are in RED:-

- 3 September: Overton 5
- 2 October: Basingstoke Half

The 2011/2012 cross country dates are not fixed yet. When they are, they will also appear on the schedule, and an end-November event will be chosen as the next target.

**The FAST group should follow the following schedule:**

	Mon	Tues – DOWN GRANGE	Weds	Thurs – DOWN GRANGE/ROAD	Fri	Sat	Sun
08/08/11-14/08/11	Steady 3-mile or rest	Pyramid .2/.4/.6/.8/1k/.8 .6/.4/.2 .2rec/.4 @1k	rest	HANDICAP	Rest	5 mile	Long run – 14 mile
15/08/11-21/08/11	Steady 4-mile or rest	7 x 800, with 200 recovery	5 mile easy	40 minute tempo	Rest	6 mile tempo	Long run – 12 mile
22/08/11-28/08/11	Steady 4-mile or rest	BERNI field – Bud Buldaro session – 5, 5x1, 5, 5x1, 5	4 mile easy	Gabriel Park hill reps	Rest	7 mile tempo	Long run – 16 mile
29/08/11-04/09/11	Steady 4-mile or rest	6 x Church Field long hill reps	5 mile or rest	Steady 6 mile	Rest	OVERTON 5	Long run – 12 mile
05/09/11-11/09/11	5m or rest	20 x paarlauf	5mile	Gabriel Park hill reps	Rest	8 mile	Long run – 14 mile
12/09/11-18/09/11	Steady 5-mile or rest	7 x 800, with 200 recovery	rest	HANDICAP	Rest	8 mile	Long run – 18 mile
19/09/11-25/09/11	Steady 5-mile or rest	BERNI field – Bud Buldaro session – 5, 5x1, 5, 5x1, 5	5 mile easy	Tempo Down Grange loop (1 easy, 1 hard, 1 easy)	Rest	6 mile	Long Run – 10 mile
26/09/11-02/10/11	Steady 5-mile or rest	3m, 2m, 90sec, 60, 45, 30, +back; 90sec recov	5 mile easy	Pyramid “Lampposts” at Hatch Warren	Rest	6 mile	BASINGSTK HALF
03/10/11-09/10/11	Steady 5-mile or rest	12 x 300m hill reps with 330 recov <b>BERG ESTATE</b>	rest	HANDICAP (Berg Estate)	Rest	8 mile	Long run – 20 mile
10/10/11-16/10/11	Steady 5-mile or rest	Pyramid .2/.4/.6/.8/1k/.8 .6/.4/.2 .2rec/.4 @1k	5 mile easy	Hill reps over the M3 bridge	Rest	6 mile incl high knee	Long run – 20 mile
17/10/11-23/10/11	Steady 5-mile or rest	3 x 900, 6 x 300 rugby pitch	5 mile easy	Tempo Down Grange loop (1 easy, 1 hard, 1 easy)	Rest	4 mile or rest	Long run – 10 mile
24/10/11-30/10/11	Steady 5-mile or rest	15 x 250m using hill by dg race track (+jog recov)	5 mile easy	Pyramid “Lampposts” at Hatch Warren	Rest	SNOWDON MARATHON	Long run – 10 mile (or rest if ran Snowdon!)
31/10/11-06/11/11	Steady 5-mile or rest	6 x 800 with slope at end (rugby pitch)	4 mile easy	Hill reps over the M3 bridge	Rest	4 mile steady	Long run – 12 mile
07/11/11-13/11/11	Steady 5	12 x 400 with 200 jog recovery (rugby)	5 easy	Tempo Down Grange loop (1 easy, 1 hard, 1 easy)	Rest	4 m steady	Long run – 12 mile
14/11/11-20/11/11	Steady 5	3m, 2m, 90sec, 60, 45, 30, +back; 90sec recov	5 easy	Pyramid “Lampposts” at Hatch Warren	Rest	6 mile	Long run – 12 mile

**The SLOW/MEDIUM group should follow the following schedule (if “x or y” is written then SLOW do “x” and MEDIUM do “y”):**

	Mon	Tues – DOWN GRANGE	Weds	Thurs – DOWN GRANGE/ROAD	Fri	Sat	Sun
08/08/11-14/08/11	Rest	Pyramid .2/.4/.6/.8/.8 .6/.4/.2 .2rec/.4 @.8k	rest	HANDICAP	Rest	Rest	Long run – 14 mile
15/08/11-21/08/11	Rest	5/6 x 800, with 200 recovery	5 mile easy	40 minute tempo	Rest	Rest	Long run – 12 mile
22/08/11-28/08/11	Rest	BERNI field – Bud Buldaro session – 5, 5x1, 5, 5x1, 5	4 mile easy	Gabriel Park hill reps	Rest	Rest	Long run – 16 mile
29/08/11-04/09/11	Rest	5 x Church Field long hill reps	5 mile or rest	Steady 6 mile	Rest	OVERTON 5	Long run – 12 mile
05/09/11-11/09/11	Rest	20 x paarlauf	5mile	Gabriel Park hill reps	Rest	Rest	Long run – 14 mile
12/09/11-18/09/11	Rest	5/6 x 800, with 200 recovery	rest	HANDICAP	Rest	Rest	Long run – 18 mile
19/09/11-25/09/11	Rest	BERNI field – Bud Buldaro session – 5, 5x1, 5, 5x1, 5	5 mile easy	Tempo Down Grange loop (1 easy, 1 hard, 1 easy)	Rest	Rest	Long Run – 10 mile
26/09/11-02/10/11	Rest	3m, 2m, 90sec, 60, 45, 30, +back; 90sec recov	5 mile easy	Pyramid “Lampposts” at Hatch Warren	Rest	Rest	BASINGSTK HALF
03/10/11-09/10/11	Rest	10 x 300m hill reps with 330 recov <b>BERG ESTATE</b>	rest	HANDICAP (Berg Estate)	Rest	Rest	Long run – 18 mile
10/10/11-16/10/11	Rest	Pyramid .2/.4/.6/.8/.8 .6/.4/.2 .2rec/.4 @.8k	5 mile easy	Hill reps over the M3 bridge	Rest	Rest	Long run – 18 mile
17/10/11-23/10/11	Rest	3 x 800, 6 x 250 rugby pitch	5 mile easy	Tempo Down Grange loop (1 easy, 1 hard, 1 easy)	Rest	Rest	Long run – 18 mile
24/10/11-30/10/11	Rest	12 x 250m using hill by dg race track (+jog recov)	5 mile easy	Pyramid “Lampposts” at Hatch Warren	Rest	SNOWDON MARATHON	Long run – 10 mile (or rest if ran Snowdon!)
31/10/11-06/11/11	Rest	5 x 800 with slope at end (rugby pitch)	4 mile easy	Hill reps over the M3 bridge	Rest	Rest	Long run – 12 mile
07/11/11-13/11/11	Rest	9/10 x 400 with 200 jog recovery (rugby)	5 easy	Tempo Down Grange loop (1 easy, 1 hard, 1 easy)	Rest	Rest	Long run – 12 mile
14/11/11-20/11/11	Rest	3m, 2m, 90sec, 60, 45, 30, +back; 90sec recov	5 easy	Pyramid “Lampposts” at Hatch Warren	Rest	Rest	Long run – 12 mile

