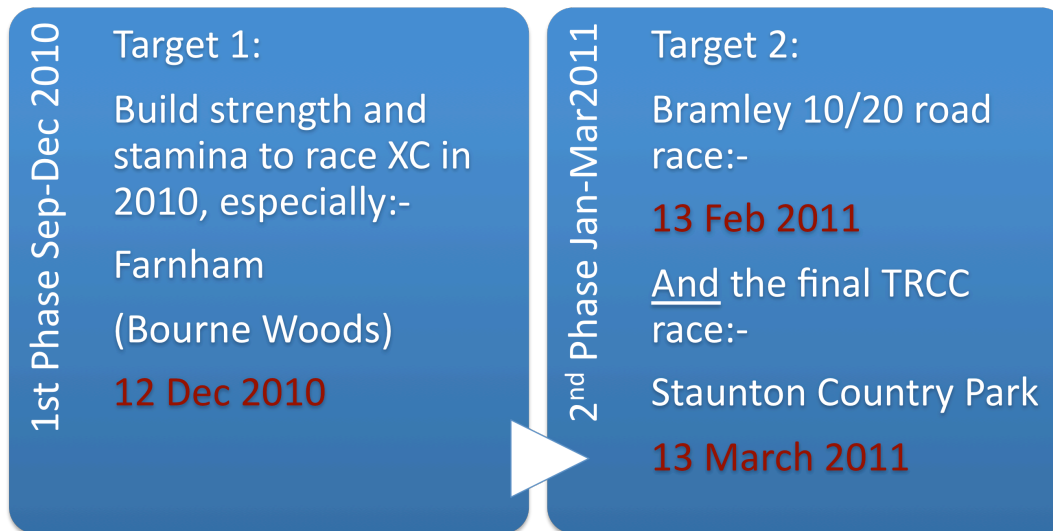


The Winter 2010 training schedule for the Basingstoke Road Running/Cross Country group – issued on 11 Sept 2010

The new target the races are as detailed below, in the two Phases (1st Phase and 2nd Phase). The target for Phase 1 is general stamina and fitness to compete in the cross country races, and in particular the Todays Runner race at **Bourne Woods near Farnham** on 12 December 2010. The big targets for Phase 2 are the **Bramley 10/20 mile** (Club Championship event) and the final Todays Runner cross country race of the season at Staunton Country Park near Havant.

BMHAC Seniors

Our next (two) training phases



Each training phase will follow a weekly training schedule that will focus upon building the stamina/speed/strength appropriate for the Target race at the end of each phase. 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 September to December 2010. 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 BEGINNER/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.

The FAST group should follow the following schedule:

	Mon	Tues – DOWN GRANGE	Weds	Thurs – DOWN GRANGE/ROAD	Fri	Sat	Sun
13/09/10-19/09/10	Steady 3mile	6 x 800	3 mile	Steady 6 mile on hilly course	Rest	6 mile or rest	Long run – 12 mile
20/09/10-26/09/10	Steady 4-mile or rest	Pyramid .2/.4/.6/.8/1k/.8 .6/.4/.2 .2rec/.4 @1k	rest	Gabriel Park hill reps	Rest	7 mile tempo or park run	Long run – 12 mile
27/09/10-03/10/10	Steady 4-mile or rest	6 x Church Field hill reps	4 mile easy	40 minute tempo	Rest	6 mile tempo	Long run – 10 mile
04/10/10-10/10/10	Steady 4-mile or rest	3 x 1800m (Berni and Church Field)	5 mile easy	Gabriel Park hill reps	Rest	FARLEY XC	Long run – 12 mile
11/10/10-17/10/10	Steady 5-mile or rest	6 x 800	4 mile easy	Steady 6 mile	Rest	7 mile tempo or park run	Long run – 12 mile
18/10/10-24/10/10	Steady 5-mile or rest	4 x 900, and 4 x 100m hills	rest	Gabriel Park hill reps	Rest	7 mile tempo or park run	Long run – 12 mile
25/10/10-31/10/10	Steady 5-mile or rest	3 x 1800m (Berni and Church Field) - if light !!	5 mile easy	Steady 6 mile	Rest	4 mile or rest	PAMBER XC (HOME MATCH)
01/11/10-07/11/10	Steady 5-mile or rest	Pyramid .2/.4/.6/.8/1k/.8 .6/.4/.2 .2rec/.4 @1k	5 mile easy	Steady 6 mile	Rest	GOODWOOD XC	Long run – 12 mile
08/11/10-14/10/10	Steady 5-mile or rest	6 x 700 incl using slope in corner of field	rest	40 minute tempo	Rest	4 mile or rest	QE COUNTRY PARK XC
15/11/10-21/10/10	Steady 5-mile or rest	20 x 300m using hill by dg race track (+jog recov)	5 mile easy	Tempo Down Grange loop (1 easy, 1 hard, 1 easy)	Rest	6 mile incl high knee	Long run – 15 mile
22/11/10-28/10/10	Steady 5-mile or rest	2 x 1km tempo, then 8 x 300m hills Berg Estate	5 mile easy	Lamp-post hill reps (Beggarwood)	Rest	7 mile tempo or park run	Long run – 12 mile
29/11/10-05/12/10	Steady 5-mile or rest	4 x 1mile round rugby field	5 mile easy	30 min tempo	Rest	POPHAM XC	Long run – 12 mile
06/12/10-12/12/10	Steady 5-mile or rest	Pyramid .2/.4/.6/.8/1k/.8 .6/.4/.2 .2rec/.4 @1k	4 mile easy	Steady 6 mile	Rest	4 mile or rest	FARNHAM XC
13/12/10-19/12/10	Steady 3	20 x 300m using hill by dg race track (+jog recov)	4 mile	Lamp-post hill reps (Beggarwood)	Rest	6 mile tempo	Long run – 12 mile
20/12/10-26/12/10	Steady 3	2 x 1km tempo, then 8 x 300m hills Berg Estate	4 mile	Steady 6 mile	Rest	XMAS	XMAS

The BEGINNER/MEDIUM group should follow the following schedule:-

	Mon	Tues – DOWN GRANGE	Weds	Thurs – DOWN GRANGE/ROAD	Fri	Sat	Sun
13/09/10-19/09/10	Rest	4/5 x 800	3 mile	Steady 4 mile on hilly course	Rest	3 mile or rest	Long run – 8 mile
20/09/10-26/09/10	Rest	Pyramid .2/.4/.6/.8/.8 .6/.4/.2 .2rec/.4 @.8	rest	Gabriel Park hill reps	Rest	3 mile tempo or park run	Long run – 8 mile
27/09/10-03/10/10	Rest	4/5 x Church Field hill reps	3 mile easy	40 minute tempo	Rest	3 mile tempo	Long run – 8 mile
04/10/10-10/10/10	Rest	2/2.5 x 1800m (Berni and Church Field)	3 mile easy	Gabriel Park hill reps	Rest	FARLEY XC	Long run – 8 mile
11/10/10-17/10/10	Rest	4/5x 800	4 mile easy	Steady 4 mile	Rest	3 mile tempo or park run	Long run – 8 mile
18/10/10-24/10/10	Rest	3 x 900, and 4 x 100m hills	rest	Gabriel Park hill reps	Rest	3 mile tempo or park run	Long run – 8 mile
25/10/10-31/10/10	Rest	2.5 x 1800m (Berni and Church Field) - if light !!	4 mile easy	Steady 4 mile	Rest	3 mile or rest	PAMBER XC (HOME MATCH)
01/11/10-07/11/10	Rest	Pyramid .2/.4/.6/.8/.8 .6/.4/.2 .2rec/.4 @.8k	4 mile easy	Steady 4 mile	Rest	GOODWOOD XC	Long run – 8 mile
08/11/10-14/10/10	Rest	4/5 x 700 incl using slope in corner of field	Rest	40 minute tempo	Rest	3 mile or rest	QE COUNTRY PARK XC
15/11/10-21/10/10	Rest	15 x 300m using hill by dg race track (+jog recov)	4 mile easy	Tempo Down Grange loop (1 easy, 1 hard, 1 easy)	Rest	3 mile incl high knee	Long run – 8 mile
22/11/10-28/10/10	Rest	2 x 1km tempo, then 4 x 300m hills Berg Estate	4 mile easy	Lamp-post hill reps (Beggarwood)	Rest	3 mile tempo or park run	Long run – 8 mile
29/11/10-05/12/10	Rest	3 x 1mile round rugby field	4 mile easy	30 min tempo	Rest	POPHAM XC	Long run – 8 mile
06/12/10-12/12/10	Rest	Pyramid .2/.4/.6/.8/.8 .6/.4/.2 .2rec/.4 @.8k	4 mile easy	Steady 4 mile	Rest	3 mile or rest	FARNHAM XC
13/12/10-19/12/10	Rest	15 x 300m using hill by dg race track (+jog recov)	4 mile	Lamp-post hill reps (Beggarwood)	Rest	3 mile tempo	Long run – 8 mile
20/12/10-26/12/10	Rest	2 x 1km tempo, then 4 x 300m hills Berg Estate	4 mile	Steady 4 mile	Rest	XMAS	XMAS

