

**The 2011 training schedule for the Basingstoke Road Running/Cross Country group – issued on 16 April 2011**

The big targets for this Summer/Autumn are the (final race of the...) Yateley 10k series, and the Basingstoke Half Marathon.

**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 April to July 2011, 'Phase 1'. 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

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

	Mon	Tues – DOWN GRANGE	Weds	Thurs – DOWN GRANGE/ROAD	Fri	Sat	Sun
18/04/11-24/04/11	Steady 3-mile or rest	7 x 800, with 200 recovery	3 mile easy	Gabriel Park hill reps (or gentle if running Mhd 10k)	MHD 10k	5 mile	Long run – 14 mile
25/04/11-01/05/11	Steady 4-mile or rest	Pyramid .2/.4/.6/.8/1k/.8 .6/.4/.2 .2rec/.4 @1k	rest	40 minute tempo	Rest	6 mile tempo	Long run – 10 mile
02/05/11-08/05/11	SHINFLD 10k	6 x Church Field long hill reps	4 mile easy	40 minute tempo	Rest	7 mile tempo	Long run – 16 mile
09/05/11-15/05/11	Steady 4-mile or rest	3 x 1800m (Berni and Church Field)	5 mile or rest	Steady 6 mile	Rest	EMSWORTH or 6miles	HOOK 10K
16/05/11-22/05/11	5m or rest	7 x 800; 200 recovery	5mile	Gabriel Park hill reps	Rest	8 mile	Long run – 12 mile
23/05/11-29/05/11	Steady 5-mile or rest	BERNI field – Bud Buldaro session – 5, 5x1, 5, 5x1, 5	rest	Steady 6 mile	Rest	8 mile	Long run – 18 mile
30/05/11-05/06/11	Steady 5-mile or rest	3 (or 4 if no Ytly) 1800m (Berni and Church Field)	YTLY 10k	Tempo Down Grange loop (1 easy, 1 hard, 1 easy)	Rest	SDR2011 or 6mls steady	Long Run - 10 mile
06/06/11-12/06/11	Steady 5-mile or rest	20 x paarlauf	5 mile easy	Gabriel Park hill reps	Rest	6 mile	Long run – 20 mile
13/06/11-19/06/11	Steady 5-mile or rest	4 x 1800m (Berni and Church Field)	5 mile easy	40 minute tempo	Rest	8 mile	Long run – 18 mile
20/06/11-26/06/11	Steady 5-mile or rest	5 x 1000m; team sprints (2 per team, 3spr) 200m	5 mile easy	MOB MATCH - Basingstoke	Rest	6 mile incl high knee	Long run – 15 mile
27/06/11-03/07/11	Steady 5-mile or rest	6 x 800 at 5k pace, and 4 x 100m sprints	5 mile easy	Gabriel Park hill reps	Rest	4 mile or rest	TADLEY 10k
04/07/11-10/07/11	Steady 5-mile or rest	6 (or 4 if Ytly) x Church Field long hill reps	YTLY 10k	30 min tempo incl high knees	Rest	5-mile incl high-knee	Long run – 14 mile
11/07/11-17/07/11	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 steady	Long run – 18 mile
18/07/11-24/07/11	Steady 5	7 x 800; 200 recovery	5 easy	MOB MATCH - Overton	Rest	4 m steady	Long run – 14 mile
25/07/11-31/07/11	Steady 5	BERNI field – Bud Buldaro session – 5, 5x1, 5, 5x1, 5	5 easy	Gabriel Park hill reps	Rest	Rest	Long run – 18 mile
01/08/11-07/08/11	Steady 5	6 (or 4 if Ytly) x Church Field long hill reps	YTLY 10k	40 minute gentle	Rest	4 mile steady	Long run – 14 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
18/04/11-24/04/11	Rest	5/6 x 800, with 200 recovery	3 mile easy	Gabriel Park hill reps (or gentle if running Mhd 10k)	MHD 10k	Rest	Long run – 14 mile
25/04/11-01/05/11	Rest	Pyramid .2/.4/.6/.8/.8 .6/.4/.2 .2rec/.4 @.8k	rest	40 minute tempo	Rest	Rest	Long run – 10 mile
02/05/11-08/05/11	SHINFLD 10k	5 x Church Field long hill reps	4 mile easy	40 minute tempo	Rest	Rest	Long run – 14 mile
09/05/11-15/05/11	Rest	3 x 1200m (Berni and Church Field)	5 mile or rest	Steady 6 mile	Rest	EMSWORTH or 6miles	HOOK 10K
16/05/11-22/05/11	Rest	5/6 x 800; 200 recovery	5mile	Gabriel Park hill reps	Rest	Rest	Long run – 12 mile
23/05/11-29/05/11	Rest	BERNI field – Bud Buldaro session – 5, 5x1, 5, 5x1, 5	rest	Steady 6 mile	Rest	Rest	Long run – 14 mile
30/05/11-05/06/11	Rest	3 (or 4 if no Ytly) 1200m (Berni and Church Field)	YTLY 10k	Tempo Down Grange loop (1 easy, 1 hard, 1 easy)	Rest	SDR2011 or 6mls steady	Long Run – 10 mile
06/06/11-12/06/11	Rest	20 x paarlauf	5 mile easy	Gabriel Park hill reps	Rest	Rest	Long run – 14 mile
13/06/11-19/06/11	Rest	4 x 1200m (Berni and Church Field)	5 mile easy	40 minute tempo	Rest	Rest	Long run – 14 mile
20/06/11-26/06/11	Rest	4 x 1000m; team sprints (2 per team, 3spr) 200m	5 mile easy	MOB MATCH - Basingstoke	Rest	Rest	Long run – 15 mile
27/06/11-03/07/11	Rest	5 x 800 at 5k pace, and 4 x 100m sprints	5 mile easy	Gabriel Park hill reps	Rest	Rest	TADLEY 10k
04/07/11-10/07/11	Rest	5 (or 3 if Ytly) x Church Field long hill reps	YTLY 10k	30 min tempo incl high knees	Rest	Rest	Long run – 14 mile
11/07/11-17/07/11	Rest	Pyramid .2/.4/.6/.8/.8 .6/.4/.2 .2rec/.4 @.8k	4 mile easy	Steady 6 mile	Rest	Rest	Long run – 14 mile
18/07/11-24/07/11	Rest	5/6 x 800; 200 recovery	5 easy	MOB MATCH - Overton	Rest	Rest	Long run – 14 mile
25/07/11-31/07/11	Rest	BERNI field – Bud Buldaro session – 5, 5x1, 5, 5x1, 5	5 easy	Gabriel Park hill reps	Rest	Rest	Long run – 14 mile
01/08/11-07/08/11	Rest	5 (or 3 if Ytly) x Church Field long hill reps	YTLY 10k	40 minute gentle	Rest	Rest	Long run – 14 mile

