

BMHAC Seniors

Target 1:

Today's Runner XC
Pamber Forest,
near Tadley

4 March 2012

Target 2:

Zermatt Marathon
(if entered)

7 July 2012

Or PB at Tadley
10k

1 July 2012

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.

The big targets for Summer 2012 are the Zermatt Marathon (for those that have entered) or Tadley 10k (achieving a Personal Best time). A mid-term target will be the penultimate race of the Cross-Country season at Pamber Forest, near Tadley, in March.

Below you will find the training schedule for the next four months from November 2011 to March 2012. 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.

The FAST group should follow the following schedule:

	Mon	Tues – DOWN GRANGE	Weds	Thurs – DOWN GRANGE/ROAD	Fri	Sat	Sun
21/11/11-27/11/11	Steady 3-mile or rest	Pyramid .2/.4/.6/.8/1k/.8 .6/.4/.2 .2rec/.4 @1k	5 mile	Hill reps over the M3 bridge	Rest	5 mile	Long run – 12 mile
28/11/11-04/12/11	Steady 4-mile or rest	3 x 900, 6 x 300 rugby pitch	5 mile easy	Steady run	Rest	HCCL - POPHAM	TRL BOURNE WOODS FARNHAM
05/12/11-11/12/11	Steady 4-mile or rest	15 x 250m using hill (+jog recov)	rest	HANDICAP	Rest	5 mile	Long run – 12 mile
12/12/11-18/12/11	Steady 4-mile or rest	6 x 800 with slope at end (rugby pitch)	5 mile or rest	Tempo Down Grange loop (1 easy, 1 hard, 1 easy)	Rest	PARK RUN	Long run – 12 mile
19/12/11-25/12/11	5m or rest	12 x 400 with 200 jog recov	5mile	Pyramid “Lampposts”	Rest	8 mile	CHRISTMAS DAY
26/12/11-01/01/12	Steady 5-mile or rest	BONDARENKO – 400/300/200/100; 3min recov; 3sets	rest	Hill reps to the M3 bridge	Rest	5 mile	Easy 6 mile
02/01/12-08/01/12	TRL- LORDS WANDSWRTH	3 x 900, 6 x 300 rugby pitch	rest	HANDICAP	Rest	Hants XC Chm Dibden	Long run – 12 mile
09/01/12-15/01/12	Steady 5-mile or rest	3m, 2m, 90sec, 60, 45, 30, +back; 90sec recov	5 mile easy	Steady run	Rest	HCCL – BOURNEM’TH	Long run – 14 mile or RRL Stubbington 10k
16/01/12-22/01/12	Steady 5-mile or rest	12 x 300m hill reps with 330 recov BERG ESTATE	5 mile easy	Pyramid “Lampposts” at Hatch Warren	Rest	8 mile	Long run – 12 mile
23/01/12-29/01/12	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	SofE XC Chm Brighton	TRL – MANOR FARM COUNTRY PARK
30/01/12-05/02/12	Steady 5-mile	3 x 900, 6 x 300 rugby pitch	rest	HANDICAP	Rest	4 mile or rest	Long run – 14 mile
06/02/12-12/02/12	Steady 5-mile or rest	15 x 250m using hill (+jog recov)	5 mile easy	Steady run	Rest	HCCL – SALISBURY	Long run – 12 mile or RRL BRAMLEY 10/20
13/02/12-19/02/12	Steady 5-mile or rest	BONDARENKO – 400/300/200/100; 3min recov; 3sets	4 mile easy	Hill reps to the M3 bridge	Rest	4 mile steady	TRL – ROGATE COMMON
20/02/12-26/02/12	Steady 5	12 x 400 with 200 jog recovery (rugby)	5 easy	Tempo Down Grange loop (1 easy, 1 hard, 1 easy)	Rest	NatXC Chm Parl Hill	Long run – 12 mile
27/02/12-04/03/12	Steady 5	3m, 2m, 90sec, 60, 45, 30, +back; 90sec recov	rest	HANDICAP	Rest	6 mile	TRL - PAMBER FOREST

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
21/11/11-27/11/11	Rest	Pyramid .2/.4/.6/.8/.8 .6/.4/.2 .2rec/.4 @1k	5 mile	Hill reps over the M3 bridge	Rest	Rest	Long run – 10 mile
28/11/11-04/12/11	Rest	3 x 800, 5 x 300 rugby pitch	5 mile easy	Steady run	Rest	HCCL - POPHAM	TRL BOURNE WOODS FARNHAM
05/12/11-11/12/11	Rest	10/12 x 250m using hill (+jog recov)	rest	HANDICAP	Rest	PARK RUN	Long run – 12 mile
12/12/11-18/12/11	Rest	5 x 800 with slope at end (rugby pitch)	5 mile or rest	Tempo Down Grange loop (1 easy, 1 hard, 1 easy)	Rest	PARK RUN	Long run – 12 mile
19/12/11-25/12/11	Rest	10 x 400 with 200 jog recov	5mile	Pyramid “Lampposts”	Rest	Rest	CHRISTMAS DAY
26/12/11-01/01/12	Rest	BONDARENKO – 400/300/ 200; 3min recov; 3sets	rest	Hill reps to the M3 bridge	Rest	Rest	Easy 6 mile
02/01/12-08/01/12	TRL- LORDS WANDSWRTH	3 x 800, 5 x 300 rugby pitch	rest	HANDICAP	Rest	Hants XC Chm Dibden	Long run – 12 mile
09/01/12-15/01/12	Rest	3m, 2m, 90sec, 60, 45, 30, +back; 90sec recov	5 mile easy	Steady run	Rest	HCCL – BOURNEM’TH	Long run – 12 mile or RRL Stubbington 10k
16/01/12-22/01/12	Rest	10 x 300m hill reps with 330 recov BERG ESTATE	5 mile easy	Pyramid “Lampposts” at Hatch Warren	Rest	Rest	Long run – 12 mile
23/01/12-29/01/12	Rest	Pyramid .2/.4/.6/.8/.8 .6/.4/.2 .2rec/.4 @1k	5 mile easy	Hill reps over the M3 bridge	Rest	SofE XC Chm Brighton	TRL – MANOR FARM COUNTRY PARK
30/01/12-05/02/12	Rest	3 x 800, 5 x 300 rugby pitch	rest	HANDICAP	Rest	Rest	Long run – 12 mile
06/02/12-12/02/12	Rest	10/12 x 250m using hill (+jog recov)	5 mile easy	Steady run	Rest	HCCL – SALISBURY	Long run – 12 mile or RRL BRAMLEY 10/20
13/02/12-19/02/12	Rest	BONDARENKO – 400/300/ 200; 3min recov; 3sets	4 mile easy	Hill reps to the M3 bridge	Rest	Rest	TRL – ROGATE COMMON
20/02/12-26/02/12	Rest	10 x 400 with 200 jog recovery (rugby)	5 easy	Tempo Down Grange loop (1 easy, 1 hard, 1 easy)	Rest	NatXC Chm Parl Hill	Long run – 12 mile or RRL Romsey 5
27/02/12-04/03/12	Rest	3m, 2m, 90sec, 60, 45, 30, +back; 90sec recov	rest	HANDICAP	Rest	Rest	TRL - PAMBER FOREST

