

The winter schedule for the Basingstoke Road Running/Cross Country group – issued on November 8th 2009

You will recall that we are following an approximate timeline as shown below, and have (so far) completed Phases 1 and 2.



The target for the next phase is the Bramley 10/20 mile road race. You have a choice! 10 or 20 miles – easy peasy! As with the previous Phase, we have tailored the training for the two streams, i.e. the FAST group, and the SLOW/MEDIUM group. If you are not sure which group that you are in, talk to one of the coaches, i.e. Don, Tim, or Zoe.

Below you will find the two schedules, in two tables. 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.

In the back of our mind, we have assumed that most of you will be running the Bramley 10mile instead of the 20 mile race. However, if you are aiming for the 20 mile, as a rule of thumb your **Sunday long runs should be 3-6 miles longer** than those distance lengths stated in the tables below. Also a longer run (than that stated below) on Monday or Wednesday, without tiring yourselves for the other sessions, would do no harm.

If you can stick to the schedule I can guarantee that you will achieve a PB (or near PB!) at the Bramley race, whether you are aiming for the 10mile or 20mile. Good luck!!!!

And get your entries in early – the Bramley 10/20 typically becomes full a few weeks before race day.

In the table below, TRCC is ‘Today’s Runner Cross Country’, and HCCL is ‘Hampshire Cross Country League’. These events are free!! – just wear your club vest. **The Pamber Forest TRCC on 22 November** is hosted by Basingstoke and Mid Hants AC. Therefore, it would be especially good if you can run this; or if not running please volunteer to help. We expect maybe 300 runners, therefore it is a really big thing for our club – if you (or family/friends) can help, it’s a (much) appreciated opportunity to volunteer and to ‘give something back’ to the sport that we love. And don’t forget the food after the race – everyone welcome – runners/helpers/family – great hot dogs, cakes, teas, etc etc, courtesy of you, the cake-making runners, and also our very own masterchef, Russell Burton!

The FAST group should follow the following schedule:

	Mon	Tues – DOWN GRANGE (unless indicated!!)	Weds	Thurs – DOWN GRANGE/ROAD	Fri	Sat	Sun
09/11/09-15/11/09	Steady 3-mile or rest	20 x Paarlauf (150m+hill/250m+3hill)	5 mile easy	Steady 6 mile on hilly course	Rest	ParkRun or 3 miles fast	Long run – 12 mile
16/11/09-22/11/09	Steady 4-mile or rest	14 x 300m hill reps with 330 recov BERG ESTATE	5 mile easy	Steady 6 miles	Rest	Rest or 3 miles easy	Pamber Forest TRCC – please come!
23/11/09-29/11/09	Steady 4-mile or rest	Pyramid .2/.4/.6/.8/1k/ .8/.6/.4/.2 .2rec/.4 @1k	5 mile easy	Fartlek hard on hills – 6 miles	Rest	ParkRun or 3 miles fast	Long run – 12 mile
30/11/09-6/12/09	Steady 4-mile or rest	6 x 900 with small slope; + 200m jog recovery	5 mile easy	Steady 6 mile	Rest	HCCL - POPHAM	Long run – 10mile, or Tadley 5
7/12/09-13/12/09	Steady 5-mile or rest	12 x 400 with 200 jog recovery	5 mile easy	Steady 6 mile	Rest	Rest or 3 miles easy	TRCC Farnham
14/12/09-20/12/09	Steady 5-mile or rest	R-Pyramid 1k/.8/.6/.4/.2 .2/.4/.6/.8/1k +.2 recov	5 mile easy	Lamp-post hill reps (Beggarwood)	Rest	ParkRun or 3 miles fast	Long run – 14 mile
21/12/09-27/12/09	Steady 5-mile or rest	3 x 10min hard, with 3 min jog recov	5 mile easy	XMAS EVE – Steady run (no meeting at Down Grange)	---	ParkRun or 3 miles fast	Long Run – 12 mile
28/12/09-3/01/10	Steady 5-mile or rest	16 x 400m with 200m jog recov	5 mile easy	Steady run (NEW YEARS EVE) (no meeting at Down Grange)	---	ParkRun or 3 miles fast	TRCC Lord Wandsworth College near Odiham
04/01/10-10/01/10	Steady 5-mile or rest	5 x 6min with 3 min jog recov	5 mile easy	15min hard/ 10min hard/ 5min hard (3min jog recovs)	Rest	ParkRun or 3 miles fast	Long run – 13 mile
11/01/10-17/01/10	Steady 5-mile or rest	8 x 900m with slope, 200m jog recov	5 mile easy	Fartlek – 1min and 2min reps – 30minutes	Rest	HCCL - Reading	Long run – 10 mile
18/01/10-24/01/10	Steady 5-mile or rest	6x [800 with 200jog; 400 with 200jog]	5 mile easy	Steady 5 mile	Rest	Rest or 3 miles easy	TRCC Liss, or Romsey10
25/01/10-31/01/10	Steady 5-mile or rest	14 x 400m with 1min jog recov	5 mile easy	20min hard, 15min hard, 10min hard – with 3min recovs	Rest	ParkRun or 3 miles fast	Long run – 14 mile
1/02/10-7/02/10	Steady 5-mile or rest	8 x 3min with 2min recov	5 mile easy	Steady 5 mile	---	Rest or 3 miles easy	TRCC Manor Farm, or Long run – 10miles
8/02/10-14/02/10	Steady 3-mile or rest	6 x 600m with 200m jog recov	5 mile easy	3 x 1mile at half marathon pace – 2min recov	Rest	Easy HCCL @Salisbury!!	Bramley 10/20

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 (unless indicated!!)	Weds	Thurs – DOWN GRANGE/ROAD	Fri	Sat	Sun
09/11/09-15/11/09	Rest	20 x Paarlauf (150m+hill/250m+3hill)	5 mile easy	Steady 6 mile on hilly course	Rest	ParkRun or 3 miles fast	Long run – 8-12 mile
16/11/09-22/11/09	Rest	8or10x300 hill reps with 330 recov BERG ESTATE	5 mile easy	Steady 6 miles	Rest	Rest or 3 miles easy	Pamber Forest TRCC – please come!
23/11/09-29/11/09	Rest	Pyramid .2/.4/.6/.8/.8 .6/.4/.2 .2recv/.4 @1k	5 mile easy	Fartlek hard on hills – 6 miles – or steady 6 miles	Rest	ParkRun or 3 miles fast	Long run – 8-12 mile
30/11/09-6/12/09	Rest	4or5 x 900 with small slope; + 200m jog recov	5 mile easy	Steady 6 mile	Rest	HCCL - POPHAM	Long run – 7-10mile, or Tadley 5
7/12/09-13/12/09	Rest	9or10 x 400 with 200 jog recovery	5 mile easy	Steady 6 mile	Rest	Rest or 3 miles easy	TRCC Farnham
14/12/09-20/12/09	Rest	R-Pyramid 1k/.8/.6/.4/.2 .2/.4/.6/.8 +.2 recov	5 mile easy	Lamp-post hill reps (Beggarwood) or steady 5 mile	Rest	ParkRun or 3 miles fast	Long run – 10-14 mile
21/12/09-27/12/09	Rest	3 x 10min hard, with 3 min jog recov	5 mile easy	XMAS EVE – Steady run (no meeting at Down Grange)	---	ParkRun or 3 miles fast	Long Run – 8-12 mile
28/12/09-3/01/10	Rest	10or12 x 400m with 200m jog recov	5 mile easy	Steady run (NEW YEARS EVE) (no meeting at Down Grange)	---	ParkRun or 3 miles fast	TRCC Lord Wandsworth College near Odiham
04/01/10-10/01/10	Rest	5 x 6min with 3 min jog recov	5 mile easy	15min hard/ 10min hard/ 5min hard (3min jog recovs)	Rest	ParkRun or 3 miles fast	Long run – 10-13 mile
11/01/10-17/01/10	Rest	5or6 x 900m with slope, 200m jog recov	5 mile easy	Fartlek – 1min and 2min reps – 30minutes	Rest	HCCL - Reading	Long run – 7-10 mile
18/01/10-24/01/10	Rest	4or5 x [800 with 200jog; 400 with 200jog]	5 mile easy	Steady 5 mile	Rest	Rest or 3 miles easy	TRCC Liss, or Romsey10
25/01/10-31/01/10	Rest	9or11 x 400m with 1min jog recov	5 mile easy	20min hard, 15min hard, 10min hard – with 3min recovs	Rest	ParkRun or 3 miles fast	Long run – 10-14 mile
1/02/10-7/02/10	Rest	8 x 3min with 2min recov	5 mile easy	Steady 5 mile	---	Rest or 3 miles easy	TRCC Manor Farm, or Long run – 10miles
8/02/10-14/02/10	Rest	4or5 x 600m with 200m jog recov	5 mile easy	3 x 1mile at half marathon pace – 2min recov	Rest	3 miles easy	Bramley 10/20