

## The Winter training schedule for the Basingstoke Road Running/Cross Country group – PART 2 -issued on 31 Dec 2011

The new target the races are as detailed below, in the two Phases (1<sup>st</sup> Phase and 2<sup>nd</sup> Phase). The target for Phase 1 was 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), the final Todays Runner cross country race of the season at **Staunton Country Park** near Havant on 6 March 2011, and **Coombe Gibbet** on 3 April 2011.

### 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 January to April 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.

I know that some runners are competing in the London Marathon. I have marked this date into the schedules below. However, since Marathon training requires a special focus, and (in particular) weekly mileage in excess of 50 per week, then I have not included your unique schedule in the tables below. If you would like a marathon training schedule for you, please just ask me or Don and we will be pleased to help.

In summary, the **first table** below 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
03/01/11-09/01/11	Steady 3mile	6 x 800 with slope at end	3 mile	Steady 6 mile on hilly course	Rest	Hants XC Champs	Long run – 12 mile
10/01/11-16/01/11	Steady 4-mile or rest	Pyramid .2/.4/.6/.8/1k/.8 .6/.4/.2 .2rec/.4 @1k	rest	Steady 6 mile	Rest	Reading HCCL	Long run – 12 mile
17/01/11-23/01/11	Steady 4-mile or rest	3 x 900, 6 x 300	4 mile easy	Lamp-post hill reps ( <b>Sainsbury's footpath</b> )	Rest	6 mile tempo	ROMSEY 5
24/01/11-30/01/11	Steady 4-mile or rest	20 x 300m using hill by dg race track (+jog recov)	5 mile easy	Steady 6 mile	Rest	Southern XC Champs	Long run – 14 mile
31/01/11-06/02/11	Steady 5-mile or rest	6 x 800 with slope at end	4 mile easy	Jog, then 10 x hill reps (M3 bridge)	Rest	7 mile tempo or park run	Possible Kingsclere Breakfast Runs 8, 12, 16ml
07/02/11-13/02/11	Steady 5-mile or rest	12 x 400 with 200 jog recovery	rest	Steady 6 mile	Rest	Salisbury HCCL	BRAMLEY 10/20 mile, or STUBBINGTON TodaysRXC
14/02/11-20/02/11	Steady 5-mile or rest	3m, 2m, 90sec, 60, 45, 30, +back; <b>90sec recov</b>	5 mile easy	Lamp-post hill reps ( <b>Sainsbury's footpath</b> )	Rest	8 mile or rest	Long run – 14 mile
21/02/11-27/02/11	Steady 5-mile or rest	Pyramid .2/.4/.6/.8/1k/.8 .6/.4/.2 .2rec/.4 @1k	5 mile easy	Jog, then 10 x hill reps (M3 bridge)	Rest	8 mile or rest	Long run – 16 mile
28/02/11-06/03/11	Steady 5-mile or rest	20 x Paarlauf (on flat field)	rest	Steady 6 mile	Rest	4 mile or rest	STAUNTON COUNTRY PARK TodaysRXC
07/03/11-13/03/11	Steady 5-mile or rest	20 x 300m using hill by dg race track (+jog recov)	5 mile easy	Lamp-post hill reps ( <b>Sainsbury's footpath</b> )	Rest	6 mile or rest	TADLEY XC
14/03/11-20/03/11	Steady 5-mile or rest	2 x 1km tempo, then 8 x 300m hills Berg Estate	5 mile easy	Jog, then 10 x hill reps (M3 bridge)	Rest	7 mile tempo or park run	Possible Kingsclere Breakfast Runs 8, 12, 16ml
21/03/11-27/03/11	Steady 5-mile or rest	4 x 1mile round rugby field	5 mile easy	Tempo Down Grange loop (1 easy, 1 hard, 1 easy)	Rest	8 mile or rest	Long run – 18 mile
28/03/11-03/04/11	Steady 5-mile or rest	BERNI field – Bud Buldaro session – 6, 5x1, 6, 5x1, 6	4 mile easy	Steady 6 mile	Rest	4 mile or rest	COOMBE GIBBET
04/04/11-10/04/11	Steady 3	CHURCH field – 6 x long hill reps (1m recov)	4 mile	Hill reps – kempshott grassy hill (near Sainsbury's)	Rest	6 mile tempo	Long run – 12 mile
11/04/11-17/04/11	Steady 3	3 x 1800 Church/Berni	4 mile	Steady 6 mile	Rest	4 mile or rest	<b>LONDON MARATHON</b>

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

	Mon	Tues – DOWN GRANGE	Weds	Thurs – DOWN GRANGE/ROAD	Fri	Sat	Sun
03/01/11-09/01/11	Steady 3mile	4/5 x 800 with slope at end	rest	Steady 5 mile on hilly course	Rest	Hants XC Champs	Long run – 10 mile
10/01/11-16/01/11	Steady 4-mile or rest	Pyramid .2/.4/.6/.8/.8 .6/.4/.2 .2rec/.4 @1k	rest	Steady 5 mile	Rest	Reading HCCL	Long run – 12 mile
17/01/11-23/01/11	Steady 4-mile or rest	3 x 800, 5 x 300	rest	Lamp-post hill reps ( <b>Sainsbury's footpath</b> )	Rest	5 mile tempo	ROMSEY 5
24/01/11-30/01/11	Steady 4-mile or rest	20 x 250m using hill by dg race track (+jog recov)	rest	Steady 5 mile	Rest	Southern XC Champs	Long run – 12 mile
31/01/11-06/02/11	Steady 5-mile or rest	4/5x 800 with slope at end	rest	Jog, then 10 x hill reps (M3 bridge)	Rest	5 mile tempo or park run	Possible Kingsclere Breakfast Runs 8, 12, 16ml
07/02/11-13/02/11	Steady 5-mile or rest	9/10 x 400 with 200 jog recovery	rest	Steady 5 mile	Rest	Salisbury HCCL	BRAMLEY 10/20 mile, or STUBBINGTON TodaysRXC
14/02/11-20/02/11	Steady 5-mile or rest	3m, 2m, 90sec, 60, 45, 30, +back; <b>90sec recov</b>	rest	Lamp-post hill reps ( <b>Sainsbury's footpath</b> )	Rest	5 mile or rest	Long run – 12 mile
21/02/11-27/02/11	Steady 5-mile or rest	Pyramid .2/.4/.6/.8/.8 .6/.4/.2 .2rec/.4 @1k	rest	Jog, then 10 x hill reps (M3 bridge)	Rest	4 mile or rest	Long run – 14 mile
28/02/11-06/03/11	Steady 5-mile or rest	20 x Paarlauf (on flat field)	rest	Steady 5 mile	Rest	4 mile or rest	STAUNTON COUNTRY PARK TodaysRXC
07/03/11-13/03/11	Steady 5-mile or rest	20 x 250m using hill by dg race track (+jog recov)	rest	Lamp-post hill reps ( <b>Sainsbury's footpath</b> )	Rest	4 mile or rest	TADLEY XC
14/03/11-20/03/11	Steady 5-mile or rest	2 x 900m tempo, then 6/7 x 300m hills at Berg	rest	Jog, then 10 x hill reps (M3 bridge)	Rest	7 mile tempo or park run	Possible Kingsclere Breakfast Runs 8, 12, 16ml
21/03/11-27/03/11	Steady 5-mile or rest	3 x 1mile round rugby field	rest	Tempo Down Grange loop (1 easy, 1 hard, 1 easy)	Rest	4 mile or rest	Long run – 16 mile
28/03/11-03/04/11	Steady 5-mile or rest	BERNI field – Bud Buldaro session – 6, 5x1, 6, 5x1, 6	rest	Steady 5 mile	Rest	4 mile or rest	COOMBE GIBBET
04/04/11-10/04/11	Steady 3	CHURCH field – 5 x long hill reps (1m recov)	rest	Hill reps – kempshott grassy hill (near Sainsbury's)	Rest	6 mile tempo	Long run – 10 mile
11/04/11-17/04/11	Steady 3	3 x 1500 Church/Berni	rest	Steady 5 mile	Rest	4 mile or rest	<b>LONDON MARATHON</b>

