

Portishead Running Club

Quality /Speed work - Summer 2009

Introduction

Quality / speed work training sessions are designed to

1. Provide an activity for all club members which can be fun and will develop running skills;
2. Have a structured training programme for summer speed work for both experienced and beginners alike;
3. Give the coach experience in providing a structured training session;
4. By providing a baseline race time, each runner can gauge to see how they are progressing with a final test with a target race in August / Sept / Oct.
5. Introduce beginners to speed work / running 5 to 10 K distance and taking part in a structured training programme;
6. Provide a baseline for further training at half marathon and beyond.

The programme will run into the winter sessions:

- **Group 1 (23+ 5k time). Green**
- **Group 2 (Sub 23 min 5k time); Blue**
- **Group 3 (Sub 19 min 5k time); Red**

If you do any speed sessions on you own note the times you have achieved.

And use the appropriate colour code that best fits your actual PB, at this time

Remember training requires dedication and patience.

It will be at least 6-8 continuous sessions to see any improvement

We train over distance and under speed

If you want to race at 7-00 pace... you will need to do some training at 6-45 or less

Over distance except for the marathon, which requires a gradual build up getting up to 3 hours +, not so much paced but time on feet on your long weekend run

Half Marathon races.... building up to 15 / 18 miles

10 mile races.... building up to 12 / 15 miles

Club Quality / Speed work Sessions

Session	Distance (m)	Group 1	Group 2	Group 3	Pace%	Recovery Time
1	200	10	15	20	95%	30 secs
2	400	6	8	10	5K – 4s	1 minute
3	500	5	6	8	5K – 4s	1 minute
4	1000	3	4	5	5k	2 min
5	1200	3	3	4	5k	2 min
6	200/400/600/800	2 reps	2 reps	3 reps	Quick/5k/5k/10k	30s/60s/60s/ 4 min
7	800/400/200/1000	2 reps	2 reps	3 reps	10k/5k/Quick/10k	2 min/60s/30s/4 min

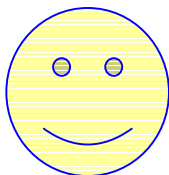
Types of Training Sessions

Training Type	Explanation
Repetitions/ Intervals	These runs are faster than race pace but over a short distance. Concentrate on arm and hand motion, posture and stride length, work on your running form. This is to improve your speed, by working on running efficiency and training to run faster.
Tempo runs	These are longer efforts and can be between 5 and 20 minutes. Generally run at your 10k pace. They raise the point at which lactic acid builds up in the muscles.
Fartlek	Speed play; mix surges of hard running with period of easy running. Run between posts, street lamps etc, when you feel like it and as hard as you like. Great for newcomers to speed. This helps increase pace overall and can break up those long runs.
Hills	Find a hill that takes between 30 seconds and five minutes and run up it at 80-85 % effort. Jog back down to recover and start again. Build up number of hill repetitions you do week on week. Important to remember to stretch properly after these sessions.
LSD Long Slow Distance	<p>These sessions are you long weekend runs, Try to keep relaxed run at an easy pace, at this pace you should be able to hold a conversation.</p> <p>Usually a minimum of 1 minute per mile slower than normal training pace</p> <p>These sessions are the endurance runs to compliment the speed sessions</p>

Some Basic Training Guidelines

1. Always follow a **HARD** day with an **EASY** day.
2. Make sure your recovery runs are **EASY**.
3. Know your pace for the session, consistency is the key
4. **Always Warm up & Cool down** (especially at races).
5. Listen to your body (an extra day's rest won't harm you).
6. Keep your body constantly Hydrated, even in the winter
7. Training sessions.... are for training.... Races are for racing.
8. Mental training is as important as physical training.
9. Buddy up; try to train with a group or partner.
10. Cross training (Biking, swimming etc.) improves core stability.
11. Keep a Training Log.
12. Work hard but **Enjoy Your Running**.

Steve Corbett.



June 2009