



## Tuesday Night Winter Coaching Schedule 2014-2015

### Who are the sessions for?

The sessions are targeted at runners who take part in running events throughout the year on any type of surface. Ideally, you should have built up a base of stamina and endurance base before you start to introduce faster paced work. Generally a good rule of thumb is that you should be able to comfortably run 6 miles in an hour – if you are unsure just ask me. However because of the way sessions are structured, they will suit any pace of runner.

### What is the format of the sessions?

The sessions last about one hour and consist of a jog warm-up, dynamic stretching before we begin the main session which will usually last 30-40 minutes', then followed by cool-down jog and finish with static stretching.

Many of the sessions will focus on increasing your Lactate Threshold (LT) – i.e. the pace at which you start to experience accumulation of lactate in your tissues. Push up your LT and you will find your race pace at all distances from 10k and upwards improves (when combined with improving your endurance). An additional benefit of the sessions is that they teach you good pace judgement.

### How do I know what my lactate threshold pace is now?

There are a numbers of ways the easiest is by perceived effort i.e.

***“The running rhythm the athlete would use if they were racing that distance today - not their personal best”***

Or in layman’s terms

***“A hard but sustainable effort” – about the level of effort you would expect in a race lasting about 60 mins (10k pace for most people). It should feel “comfortably hard”, but you need to concentrate to keep it going.***

Below is the provisional schedule for this Winter up to start of Spring. This is subject to revision dependant on weather and external factors. I will endeavour to give sufficient notice of any location changes via SCH Forum/Facebook.

<b>Date</b>	<b>Location/Time</b>	<b>Activity</b>
2 Dec 2014	From Vagrants 7pm	<b>Alberto 300s</b>
9 Dec	From Electra Way CW1 5DU 7pm	<b>400-500s</b>
16 Dec	From Vagrants 7pm	<b>Pyramids</b>
6 Jan	From Vagrants 7pm	<b>Skills/Drills/Bounding</b>
13 Jan	From Vagrants 7pm	<b>Intervals</b>
20 Jan	From Electra Way CW1 5DU 7pm	<b>Killer Kilos</b>
27 Jan	From Vagrants 7pm	<b>Pyramids</b>
3 Feb	From Vagrants 7pm	<b>Skills/Drills/Bounding</b>
10 Feb	From Vagrants 7pm	<b>Alberto 300s</b>
17 Feb	From Electra Way CW1 5DU 7pm	<b>Killer Kilos</b>
24 Feb	From Vagrants 7pm	<b>Pyramids</b>
3 March	From Vagrants 7pm	<b>Skills/Drills/Bounding</b>
10 March	From Vagrants 7pm	<b>Alberto 300s</b>
17 March	From Vagrants 7pm	<b>Intervals</b>

### **General Notes**

- Sessions start at 7pm, but please try and arrive for 6:45 for 7pm start
- Kilo sessions from Electra Way will use part of our 10K course on University Way where there are accurately measured kilometre markings. Park in Electra Way opposite MMU campus
- If you are feeling unwell or have an injury, however slight please don't consider these training sessions until you are fit and well again.
- I'd strongly advise against coming to the Tuesday session if you have raced further than about 10k on the Sunday (i.e. two days before) as this will just delay recovery and increase injury/illness risk.
- In mileage terms none of the sessions will cover more than 5-6 miles in distance
- For these sessions it's essential to wear bright or Hi Viz clothing and always a good idea to bring some water with you too.

***Finally if you are not sure just ask***

**Alasdair Dyde**