

Advanced & Intermediate Session Plan – Autumn / Winter 2019



Date	Session	Notes
6 th August (LT)	3 x 10 mins (2½)	Approximately 10K pace.
13 th August (VO2 max)	8 x 800m	<p>Group 1– 2:30 to 3:05 for 800m 4:30 cycle giving 1:25-2:00 recoveries. Suitable for sub 20:00 5K runners . (19-20 mins 5K runners may choose group 2 if they would prefer longer recoveries)</p> <p>Group 2 – 3:05 to 3:50+ for 800m 5:15 cycle giving 1:25-2:10 recoveries. Suitable for those running 5K in over 20:00. (20-21min 5K runners doing 3:05 to 3:15 for 800m may opt for group 1 if they would prefer a shorter recovery.)</p> <p>Option 3 – 4.00+ for 800m 4 x (800m, 400m) on the same cycle as group 2. Start the 800m efforts at the same time as group 2. Start the 400m efforts once group 2 are over half way round their first lap of their 2nd/4th/6th 800m. For a runner taking 4 mins for 800m, this will give approx. 2:15 recoveries.</p>
20 th August (LT / VO2 max/anaerobic capacity)	<p>8 mins tempo (2mins)</p> <p>5 x 5 mins (2mins)</p> <p>4 x 40s (jog back)</p>	<p>8 mins @ approx. 5-10s per mile slower than 10K pace. (The 8 mins tempo is optional: it can be run at tempo pace, used as a warm up or missed out entirely.)</p> <p>5 x 5 mins @ 3-5K pace</p> <p>4 x 40s @ full speed (Jog back recovery and regroup. Recoveries should be full; focus on fast, good quality efforts).</p>
27 th August	2 x 4 x Rolling Hills	
3 rd September (LT)	4 x 8 mins (2½)	Approximately 10K pace.
10 th September (VO2 max)	6 x 1000m	<p>Group 1– 3:20 to 4:00 for 1000m 5:30 cycle giving 1:30 to 2:10s recoveries. Suitable for sub 20:00 5K runners .</p> <p>Group 2 – 4:00 to 4:45 for 1000m 6:15 cycle giving 1:30-2:15s recoveries. Suitable for those running 5K in over 20:00.</p> <p>Option 3 – 4:55-6:00+ for 1000m 3 x (1000m, 600m) on the same cycle as group 2. Start the 1000m efforts at the same time as group 2. Start the 600m efforts once group 2 are over half way round their first lap of</p>



		their 2 nd /4 th /6 th 1000m. For a runner taking 5 mins for 1000m, this will give approx. 2:15 recoveries.
17 th September (VO2 max)	6 mins (2) 3 x 2 mins (90s) 6 mins (2) 3 x 2mins (90s) 6 mins	6 mins @ 10K pace. 3 x 2 mins @ 3-5K pace. On 3 x 2mins, run out for 2mins, then jog back on the recoveries to regroup. The last few runners can keep jogging forwards. It should be possible for the whole group to reassemble.
24 th September (LT)	2 x 15 mins of Kenyan Hills	
1 st October (LT/VO2 max)	5 x 6 mins (2)	Approximately 10K pace or slightly quicker.
8 th October (VO2 max)	10 x 600m	Group 1 – 2:00 to 2:30 for 600m 3:30 cycle giving 60-90s recoveries. Suitable for sub 21:30 5K runners . (20+ mins 5K runners may choose longer recoveries in group 2) Group 2 – 2:30 to 3:00+ for 600m 4:00 cycle giving 60-90s recoveries. Suitable for those running 5K in over 21:30.
15 th October (LT/VO2 max/anaerobic capacity)	<i>8 mins tempo (2mins)</i> 6 x 4 mins (2mins) 90s, jog back, 60s, jog back, 30s jog back	8 mins @ approx. 5-10s per mile slower than 10K pace. (The 8 mins tempo is optional: it can be run at tempo pace, used as a warm up or missed out entirely.) 6 x 4 mins @ 3-5K pace 90s, 60s, 30s @ full speed (Jog back recovery and regroup. Recoveries should be full; focus on fast, good quality efforts)
22 nd October	2 x 4 x Rolling Hills	
29 th October (VO2 max/LT)	Pyramid (4, 6, 8, 6, 4 mins) (2)	Approximately 10K pace.
5 th November (LT)	3 x 10 mins (2½)	Approximately 10K pace.
12 th November (VO2 max)	8 x 800m	Group 1 – 2:30 to 3:05 for 800m 4:30 cycle giving 1:25-2:00 recoveries. Suitable for sub 20:00 5K runners . (19-20 mins 5K runners may choose group 2 if they would prefer longer recoveries) Group 2 – 3:05 to 3:50+ for 800m 5:15 cycle giving 1:25-2:10 recoveries. Suitable for those running 5K in over 20:00.

		(20-21min 5K runners doing 3:05 to 3:15 for 800m may opt for group 1 if they would prefer a shorter recovery.) Option 3 – 4.00+ for 800m 4 x (800m, 400m) on the same cycle as group 2. Start the 800m efforts at the same time as group 2. Start the 400m efforts once group 2 are over half way round their first lap of their 2 nd /4 th /6 th 800m. For a runner taking 4 mins for 800m, this will give approx. 2:15 recoveries.
19 th November (LT/VO2 max/anaerobic capacity)	<i>8 mins tempo (2mins)</i> 5 x 5 mins (2mins) 4 x 40s (jog back)	8 mins @ approx. 5-10s per mile slower than 10K pace. (The 8 mins tempo is optional: it can be run at tempo pace, used as a warm up or missed out entirely.) 5 x 5 mins @ 3-5K pace 4 x 40s @ full speed (Jog back recovery and regroup. Recoveries should be full; focus on fast, good quality efforts).
26 th November (LT)	2 x 15 mins of Kenyan Hills	
3 rd December (LT)	4 x 8 mins (2½)	Approximately 10K pace.
10 th December (VO2 max)	6 x 1000m	Group 1 – 3:20 to 4:00 for 1000m 5:30 cycle giving 1:30 to 2:10s recoveries. Suitable for sub 20:00 5K runners . Group 2 – 4:00 to 4:45 for 1000m 6:15 cycle giving 1:30-2:15s recoveries. Suitable for those running 5K in over 20:00. Option 3 – 4:55-6:00+ for 1000m 3 x (1000m, 600m) on the same cycle as group 2. Start the 1000m efforts at the same time as group 2. Start the 600m efforts once group 2 are over half way round their first lap of their 2 nd /4 th /6 th 1000m. For a runner taking 5 mins for 1000m, this will give approx. 2:15 recoveries.
17 th December (LT/VO2 max/anaerobic capacity)	<i>8 mins tempo (2mins)</i> 8 x 3 mins (2mins) 40s, jog back, 80s, jog back, 40s jog back	8 mins @ approx. 5-10s per mile slower than 10K pace. (The 8 mins tempo is optional: it can be run at tempo pace, used as a warm up or missed out entirely.) 8 x 3 mins @ 3-5K pace 40s, 80s, 40s @ full speed (Jog back recovery and regroup. Recoveries should be full; focus on fast, good quality efforts)
7 th January (LT/VO2 max)	5 x 6 mins (2)	Approximately 10K pace or slightly quicker.
14 th January (VO2 max)	10 x 600m	Group 1 – 2:00 to 2:30 for 600m 3:30 cycle giving 60-90s recoveries. Suitable for sub 21:30 5K runners .

		(20+ mins 5K runners may choose longer recoveries in group 2) Group 2 – 2:30 to 3:00+ for 600m 4:00 cycle giving 60-90s recoveries. Suitable for those running 5K in over 21:30.
21 st January (LT/VO2 max/anaerobic capacity)	<i>8 mins tempo (2mins)</i> 6 x 4 mins (2mins) 90s, jog back, 60s, jog back, 30s jog back	8 mins @ approx. 5-10s per mile slower than 10K pace. (The 8 mins tempo is optional: it can be run at tempo pace, used as a warm up or missed out entirely.) 6 x 4 mins @ 3-5K pace 90s, 60s, 30s @ full speed (Jog back recovery and regroup. Recoveries should be full; focus on fast, good quality efforts).
28 th January (LT)	2 x 15 mins of Kenyan Hills	