

St.Austell Running Club

Club meeting Training Plan

Autumn Winter 2007

This plan is a guide to what training is scheduled for club meets. The emphasis is on improvement, variety, interest and fun. This may look intimidating but It is intended to balance between pushing the established runners hard and catering for beginners and improving runners hence, there will be suitable activities for all levels of ability at most of the meetings.

Please see explanations of the events and their suitability below. **Yellow** indicates structured run.

Date	Day	Event	Distance	Course	Leader
30/10/07	Tue	Initial Social Run	5,6,7 miles		
01/11/07	Thu	Straight run with loops	5,6,7 miles		
04/11/07	Sun	Long Run	Various		
06/11/07	Tue	Run with double backs	5 - 6 miles		
08/11/07	Thu	Speed Work Fartlec	1 hour		
11/11/07	Sun	Long Run	Various		
13/11/07	Tue	Hoe down relay	4 miles		
15/11/07	Thu	Straight Run	5,6,7 miles		
18/11/07	Sun	Cornish marathon	26.2 miles		
18/11/07	Sun	Optional Club Run	Various		
20/11/07	Tue	Out and Back 20, 25, 30 mins			
22/11/07	Thu	Timed Intervals & recovery	1 hour		
25/11/07	Sun	Mob Match Falmouth.	5 miles		
25/11/07	Sun	Optional Club Run	Various		
27/11/07	Tue	Hill work	1 hour		
29/11/07	Thu	Run with double backs	5 - 6 miles		
02/12/07	Sun	Long Run	Various		
04/12/07	Tue	Out and back 25 mins	50 mins		
06/12/07	Thu	Irish Pursuit (teams of 3)	3 x 2m laps		
09/12/07	Sun	Christmas Turkey Trot	4 mile		
09/12/07	Sun	Long Run	Various		
11/12/07	Tue	Speed Work Fartlec	1 hour		
14/12/07	Thu	Straight run with loops	5,6,7 miles		
16/12/07	Sun	Long Run	Various		
18/12/07	Tue	Run with double backs	5 - 6 miles		
20/12/07	Thur	Hoe Down Relay	4 miles		

- **Handicap** (Race practice and performance measurement)

The structure is based around one handicap every month. This will enable runners to measure their progress. Each runner will be allocated a handicap time, which will be adjusted for current form. There will be a long course for established runners and a shorter course for beginners.

- **Straight Run with loops** (Conventional training run over different courses)

The course will be set with optional loops. Normally the slower runners would run the basic route and the faster runners would add all the loops i.e. maybe 2 miles further than basic. The intention is that all participants' train for approximately the same amount of time regardless of ability.

- **Out and Back** - (Self imposed handicapping system)

The course out will be described and runners will run at their own pace for the time directed 20 minutes or up to 30 minutes. After the allotted time runners about turn and return by the same route. The intention is even paced running, hence the out time and the back time should be equal.

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- **Speed work fartlec** (To increase leg speed and improve aerobic capacity)

The course will be of 4 to 5 miles. Runners will be in ability groups and there will be periods of very steady recovery jogging and periods of speed work of differing intensity. Each group will have a leader who will call the intervals.

- **Hill work** (Building strength and aerobic capacity)

A session of repeated efforts up a particular hill or various hills depending upon the course.

- **“Hoe Down relay”** (Building speed and commitment)

Faster runners matched with slower runners in teams, the faster runners have to run further, but there has to be commitment on the part of the slower runner.

- **Straight Run with double backs** (Everyone runs for approximately the same time).

All runners run the same course but there defined turn back points. As each runner reaches the turn back point for the first time they turn and run back to the last runner. When they reach the last runner they turn again and continue until they reach the next turn back point.

- **Timed Intervals and recovery** (To increase leg speed and improve aerobic capacity)

Running for a fixed period at high intensity and then recovering for a fixed period of time. The number of repetitions will depend upon the ability of the runners.

- **Long Sunday Runs** (To increase stamina and mileage)

The length of these runs will vary upon the groups taking part as they will mostly be run in ability groups. Runners training for a Marathon will be going out to 20+ miles. Runners building their mileage may be doing 10 miles or less.