



# Wootton Road Runners

## Oct - Dec (Q4) 2021 Training Schedule

**Club Training Objective:** The focus of this series of sessions is to introduce changing pace into interval sessions. This will simulate cross-country running and help prepare athletes for the cross-country series. In addition to this, the winter halves are underway, so it is trying to capture the periodisation for these races.

For this quarter, the races we will be supporting are below. If you need some motivation as the nights are drawing in and the warm summer months are becoming a distant memory, go on and enter one or most of these events. We are expecting a strong WRR contingent so it will be a good laugh, and you might even get a PB.

- **Gato Sports Head Torch 10k Series (first race 18<sup>th</sup> November) – a fun night race in Salcey Forest**
- **3 Counties XC: Hopeful for a return to XC this year – watch this space.**
- **Milton Keynes Winter Half – Sunday 12<sup>th</sup> December**

**Coaching Notes:** These sessions involve sharp changes of pace and some change of direction. Athletes should only complete the full session if free of injury and are encouraged to skip parts of a session if there is the possibility that it could cause or exacerbate an existing injury. Please do ensure athletes follow a structured warmed-up and cool down strategy between each session to avoid injury.

**Notation guide e.g. 2min/1min = 2min effort and 1min recovery**

<b>THURSDAY SESSIONS</b>	
<p><b>Date: 7 October</b></p> <p><b>The Finisher</b> 7 x 3mins/2mins – final 30s of each effort to be at a controlled sprint.</p>	<p><b>Coaching Notes</b></p> <p>This session is designed to help athletes practice their finishing kick. Athletes should visualise that each effort is the finish of their next race.</p>
<p><b>Date: 14 October</b></p> <p><b>The Beast</b> 2 min effort / Exercise Reps (e.g. 8 x squats) / 1 min Effort / 2 min recovery. Groups 1 to 4 = 8 reps Groups 5 to 7 = 6 reps</p> <p><b>Exercises to be determined by group leader.</b></p>	<p><b>Coaching Notes</b></p> <p>Session designed to simulate cross country racing where running is interrupted by obstacles (e.g. styles, stream crossings). Efforts should be at 5km race pace immediately after each exercise</p> <p><b>Suggested exercises are: squats, press-ups, crunches, burpees. Provide an alternative for individuals if chosen exercise could affect any injury or existing condition. Use the environment around you, e.g. benches for press-ups/step-ups</b></p>

<b>Date: 21 October</b>	<b>Coaching Notes</b>
<b>Curry Run</b> All groups run together along a pre-specified route.	Pre booked Curry in Community Centre after run.
<b>Date: 28 October</b>	<b>Coaching Notes</b>
<b>Kenyan Hills</b> Groups 1 – 4 12 x 1 min (uphill) 1 min down Groups 5 – 7 10 x 1 min (uphill) 1 min down Start at the bottom of the hill. Run for 1 min. Turn immediately at the top and run down the hill with a long, relaxed stride, then turn and repeat without resting.	These short hill reps are great for building strength and endurance. If your group cannot get to the top of the hill, turn after 1 min anyway. <b>Avoid stopping; keep a constant pace.</b> The first effort will provide you with a physical marker, e.g. a lamppost. Athletes run between these markers. <b>No stopping</b> , no regrouping, just looping. Leader can stand in the middle if required.
<b>Date: 4 November</b>	<b>Coaching Notes</b>
<b>Lasse Efforts</b> <b>Groups 1-4:</b> Dynamic warm-up then 6x [4x 30 sec/30 sec], 2mins recovery. Slow jog to finish <b>Groups 5-7:</b> Dynamic warm-up then 5x [4x 30 sec/30 sec], 2mins recovery. Slow jog to finish	Session designed to help you to change gears at the end of a race. Efforts should be sustainable speed (not an all-out sprint!) followed by jogging for recovery. This is a session that gets harder as it goes on, but it should never get to the point where you are being sick and unable to finish. If your form starts falling apart after a few efforts, you are going too fast.
<b>Date: 11 November</b>	<b>Coaching Notes</b>
<b>MoMo</b> Minute On Minute Off Groups 1-4: 16 efforts Groups 5-7: 12 efforts	This session will help athletes with general conditioning and developing a feel for race pace. Athletes should run these efforts at near-sprint pace.
<b>Date: 18 November</b>	<b>Coaching Notes</b>
<b>Endurance Pyramid</b> <b>Groups 1 to 4:</b> 2min;4min;6min;8min;6min;4min;2min, all with 2 min recovery <b>Groups 5 to 7:</b> 2min;3min;5min;7min;5min;3min;2min, all with 2 min recovery	This is aimed to help athletes adapt to running at different paces. In a 10K race, it trains the athlete to be able to respond to surges in pace, especially towards the end of the race. However, each interval should be run as fast as possible while still being able to complete the workout.

<b>Date: 25 November</b>	<b>Coaching Notes</b>
<p><b>Hill Pyramid</b>  <b>Groups 1 to 4:</b>  (30s;45s,60s;90s;120s;90s;60s;45s;30s) x 2  <b>Groups 5 to 7:</b>  (30s;45s,60s;90s;60s;45s;30s) x 3</p> <p>Start at the bottom of the hill, effort uphill and recover to the bottom. 2 min recovery between pyramids</p>	<p>A great session to really test some changes in elevation in preparation for some of the XC races and also to help maintain our strength and endurance. Ensure smooth downhill recovery and fully recover between pyramids</p>
<b>Date: 2 December</b>	<b>Coaching Notes</b>
<p><b>The Final Count Down</b>  Successively shorter and faster efforts:</p> <p><b>6mins/2mins (10k pace) (Groups 1- 4 ONLY)</b>  5mins/2mins (10k pace) (All Groups for remaining efforts)  4mins/2mins (10k pace)  3mins/1min (5k pace)  2mins/1min (5k pace)  1min/1min (1-mile pace)</p>	<p>Helps athletes practice their finishing kick. Athletes should visualise that each effort is the finish of their next race. Athletes should be encouraged to run each effort at a progressively quicker pace.</p>
<b>Date: 9 December</b>	<b>Coaching Notes</b>
<p><b>Mile Intervals (6 mins or equivalent)</b>  5 x 5 min/90 secs (groups 1, 2 &amp; 3)  4 x 5 min/90 secs (groups 4 &amp; 5)  3 x 5 min/90 secs (groups 6 &amp; 7)</p>	<p>Another session designed help athletes develop a feel for race pace, perfect for those (numerous) athletes running MK half at the weekend. Hold back on the first effort, just as you should the start of a race. If you feel you can run faster on the last efforts, go ahead but not if you are racing at the weekend.</p>

<b>Date: 16 December</b>	<b>Coaching Notes</b>
<p><b>O' the Hills and Far Away</b> 10 x 2 min effort; recovery back to start.</p> <p>Effort should start half-way up the hill. Athletes should run to the top of the hill and continue off the top of the hill for the remainder of the effort and at least 50m.</p>	<p>Long hills improve both mental and physical fitness. This session improves leg strength and speed. Leaders to ensure athletes fully recover on the downhill and put full effort into the uphill.</p> <p>Stay afterwards for Awards Night!</p>
<b>Date: 23 December</b>	<b>Coaching Notes</b>
<p><b>Santa Run</b> Santa has asked us to recce his delivery route in the Wootton area to ensure that all the good boys and girls get their presents by Christmas Day morning. Therefore, session is a steady run with all groups running a similar route. <b>Dress code: Fancy Dress</b></p>	<p>Group leaders required</p> <p>Fancy Dress is optional</p>
<b>Date: 30 December</b>	<b>Coaching Notes</b>
<p><b>No Formal Session.</b></p> <p>Some member led groups may go out, meet at club and show off your shiny new Christmas running shoes.</p>	