



PE – Long distance running

The following is a training plan for a 3 – 5km or cross country, that you could follow if you are stuck for ideas or just getting bored of going for an aimless run. For each session you need to warm up properly and cool down. I have added in some links for reference to possible warm up activities and technical points which could help improve performance. You could also add in 1 or 2 strength and conditioning sessions per week. There are lots of options on social media and the internet which are suitable.

<https://www.runnersworld.com/uk/a776625/the-runners-world-show-ep1-training/>

<https://www.runnersworld.com/uk/training/a25992354/rw-tv-ep2-training-tips-with-tom-craggs/>

Intervals, steady run, continuous hills. 3 sessions a week.

Intervals

Find somewhere that you can run continuously without having to cross a road and it is flat (unless stated in the session). Eg – Delph woods/Castleman trail or Broadstone rec. You will need a watch and could be an activity that you complete with your family.

I will detail 5 examples of different interval sessions. Each session is aimed at 24 minutes of effort in total. The efforts should be faster than your 'normal pace'. Make sure you use the recovery stated; it can be a slow jog or a walk.

1. 1 minute effort, 2 minute effort, 3 minute effort. 60 seconds of recovery between 1 minute and 2 minute efforts. Following the 3 minute effort, 2 minute recovery. Complete 4 sets.
2. 8 x 1 minute efforts. 30 seconds recovery between each effort. Following the 8th effort, take 3 minute recovery. Complete 3 times.
3. Go up and down the ladder like this. 1, 2, 3, 4, 5, 5, 4, 3, 2, 1 minute efforts and at the end, 2 x 30 second efforts. Between each effort take 90 second recovery. In the 5 minute efforts try and keep the pace consistent, rather than sprinting off and then not being able to keep it up.
4. 8 x 3 minute efforts. 90 seconds recovery between each effort.
5. 4, 3, 2, 1 minute efforts. 2 sets of this. During the first set, take 75 seconds recovery. 2 minutes recovery following the 1 minute. For the 2nd set, lower the recovery to 45 seconds.

Steady run

- For a steady run this doesn't require flat out pace, rather building endurance and your body adapting to running over a longer distance. If you are training for cross country then you should run over different surfaces, including some hills as well.
- In terms of distance it should be further than your 'race distance' so for a 5k race distance, try and run 7-10k. Clearly if you've never run this distance before then you will need to build up to it.

Continuous Hills

- For this it is a continuous run going up and down hills, it is not a 'hill sprint', but rather a steady speed, building strength and endurance in the leg muscles. Each incline should take at least 45 seconds to complete. You should use the downhill section as recovery.
- A small loop or horseshoe is sufficient. For example, Higher Blandford Road has a loop which is suitable. In terms of time, begin with 20 minutes (total time, including the downhill sections). Then gradually increase it to 30 minutes.
- Remember your technique - stay nice and tall, keeping your eyes up rather than down.