

Level	Tempo	Long Reps/Lactate Training	Speed Session
Beginner	6 mins (3 mins) – 5 mins (3 mins) – 4 mins  15 mins volume	SET 1 = 4 mins (3 mins) SET 2 = 2x 3 mins (2 mins) (3 mins recovery after SET 2) SET 3 4x 60 seconds (90s) 14 mins volume	SET 1 = 4x 60 seconds (60s) SET 2 = 4x 60 seconds (60s) SET 3 = 4x 30 seconds (60s) 3 minutes recovery between sets
Intermediate	3x 6 mins (3 mins)  18 mins volume	SET 1 = 5 mins (2 mins) SET 2 = 3x 3 mins (2 mins) (3 mins recovery after SET 2) SET 3 = 4x 60 seconds (60s)  18 mins volume	SET 1 = 4x 60 seconds (60s) SET 2 = 4x 60 seconds (60s) SET 3 = 4x 60 seconds (60s) 3 minutes recovery between sets
Advanced	4x 6 mins (2 mins)  24 mins volume	SET 1 = 5 mins (90s) SET 2 = 3x 3 mins (90s) (3 mins recovery after SET 2) SET 3 = 6x 60 seconds (60s) 20 mins volume	SET 1 = 4x 90 seconds (60s) SET 2 = 6x 60 seconds (60s) SET 3 = 6x 60 seconds (60s) 3 minutes recovery between sets
Pacing	<ul style="list-style-type: none"> <li>• 10km to Half Marathon Pace</li> <li>• Able to light jog in rest</li> </ul>	<ul style="list-style-type: none"> <li>• 5km – 10km pace</li> <li>• Jog during the rest if you can</li> <li>• Find a loop to perform reps on – aim to get to the same finishing spot each time</li> </ul>	<ul style="list-style-type: none"> <li>• 800m/1500m-3km pace</li> <li>• Quick session type</li> <li>• Aim for high quality speed</li> </ul>
Notes & Advice	<ul style="list-style-type: none"> <li>• Rest/Recovery in brackets</li> <li>• Perform session on a big loop</li> <li>• Road surface- good for this session</li> </ul>	<ul style="list-style-type: none"> <li>• Rest/Recovery in brackets</li> <li>• Grass surface- good to perform session on</li> <li>• 30s efforts – working on speed</li> </ul>	<ul style="list-style-type: none"> <li>• Rest/Recovery in brackets</li> <li>• Road or Grass- good surface to perform session on</li> <li>• Find a location that is flat &amp; has minimal people around</li> </ul>

## Steady Running

Aim to steady run to the usual amount you do outside of club sessions/training  
Aim to run between 3-5 times per week in total – this includes both steady running and sessions

- There are 3 sessions here – Aim to perform 1-2 session per week
- Maximum of 3 sessions per week
- Warm up = 10-20 minutes run – dynamic stretches & drills – 3-5x strides
- Cool down = 5-15 mins run
- Warm up & Cool down could be done by running to and from the area you will perform the sessions
- Avoid busy areas
- Perform sessions on quiet roads/lanes/pavements
- Avoid areas with potholes, large dips in the road/pavement
- Run sessions on flat ground – Grass/Road/Trail
- Sessions in distance – convert distance to time it would take you to complete that distance if you are unable to set up on a GPS Watch

1. Every 3 weeks try a 5km time-trial to see how your running is progressing.
2. Don't over-do your training during this time – stick to an appropriate volume and intensity you are used to.
3. Use running as a way to get some fresh air & stay active – Please stick to the government advice on Covid-19 & social distancing
4. Please train on your own – following the government guidelines on social distancing

Post & Send your sessions/steady runs to the Chichester Runners & AC Facebook page to keep in contact with members and coaches!!