

Level	Tempo	Long Reps/Lactate Training	Speed/Hills Session
Beginner	7.5 mins (2.5 mins) – 5 mins (2 mins) – 2.5 mins  15 mins volume	3 SETS: 3 mins (90s) – 2 mins (60s) – 1 min <b>3 mins rest between sets</b>  18 mins volume	Hills: 8x 60s up (90s recovery back down)  Speed: 8x 60s (60s) – 4x 30s (60s)  <b>Choose hills or speed</b>
Intermediate	7.5 mins (2.5 mins) – 3x 5 mins (2 mins)  22.5 mins volume	4 SETS 3 mins (60s) – 2 mins (60s) – 1 min <b>3 mins rest between sets</b>  24 mins volume	Hills: 10x 60s up (90s recovery back down)  Speed: 8x 60s (60s) – 5x 30s (30s)  <b>Choose hills or speed</b>
Advanced	10 mins (2 mins) – 7.5 mins (2 mins) – 2x 5 mins  27.5 mins volume	5 SETS 3 mins (60s) – 2 mins (60s) – 1 min <b>2 mins rest between sets</b>  30 mins volume	Hills: 12x 60s up (90s recovery back down)  Speed: 10x 60s (60s) – 5x 30s (30s)  <b>Choose hills or speed</b>
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> <li>• Walk recovery/rest</li> </ul>

Notes & Advice	<ul style="list-style-type: none"> <li>• Rest/Recovery in brackets</li> <li>• RACE DAY – prepare as if it was a race</li> <li>• Map &amp; plan your route before hand</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	<p>Aim to steady run to the usual amount you do outside of club sessions/training</p> <p>Aim to run between 3-5 times per week in total – this includes both steady running and sessions</p>		

- 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!!