



# Club Run: Chichester Runners

## What is Club Run?

Club Run is an England Athletics programme offering clubs a series of practical coaching sessions led by experienced coaches to support runners, leaders and coaches in working towards improved performance at a specific event or race distance.

The focus is on practical sessions and advice with 3 organised sessions spread over a 12-week period which are designed to build towards a specific event distance. The sessions are opportunities to experience different types of training sessions, warm up and cool downs but also give an informal opportunity for Q&As and sharing of training advice and ideas.

## Your Club Run Sessions

Your club run sessions are focused towards developing your 10km fitness and each will see you completing running specific warm up, main session and cool down. The dates for your Club Run sessions are;

**10<sup>th</sup> June, 15<sup>th</sup> July, 12<sup>th</sup> August**

The spacing of the sessions is designed to give you're the chance to practice some of the content and learning before the next session and the idea is the sessions will progress with one building on the previous. This doesn't mean you can't attend if you miss one though – they all work as standalone sessions too and the sessions will be structured to cater for a wide range of abilities.

Just bring yourself, your running kit and water as well as any medication you need. Whilst these sessions will be adapted to work for a wide range of abilities its important you fele comfortable that you can step in and our of elements of the session as you want to and feel ready for.

## Your Club Run Coach

Tom Craggs has been coaching for over 10 years and is England Regional Coaching Lead for the Midlands. He is an England Team Coach and Team Leader for events such as Frankfurt Marathon in 2018, the Reykjavik Internal Games and the Parelloop 10km.

Tom has coached at a wide range of athletics clubs including Winchester & District AC, Mornington Chasers RC and Bournemouth AC. He is currently a member of Littledown Harriers in Bournemouth. Tom works with runners of all abilities from those just starting out to international marathon runners including Louise Damen and Tracy Barlow.

Tom is the owner and editor of [www.fastrunning.com](http://www.fastrunning.com)

## Session 1: 10<sup>th</sup> June: Strength and Power

**Overview:** This session is all about developing your fitness in 3 different ways. Mixing running on the flat and on hills and working at intensities this session provides a fundamental base for good 10km running. It is likely the warm-up will take a little longer in this first session as we run it through for the first time. Throuhout the session I will introduce everyone to the importance of working to RPE (rate of perceived exhaustion) on a scale of 0-10....and what happens physiologically at different levels.

6 minutes on the flat run at lactate threshold effort (explanation below), 2-3 minutes rest, 10 x 45 second fast hills with a jog back recovery, 2-3 minutes rest, 4 x 2 minutes fast on the flat at 5-10km effort with 60s rest.

**Warm Up:** We will work through a RAMP warm up. RAMP stands for raise, activate, mobilise and potentiate. It's basically a fancy way of saying we will work through about 20-25 minutes of getting you progressively ready to run fast!

**Raise:** Gentle easy jogging for 5 minutes

**Activate:** Complete a 'perfect running posture' routine before switching on key muscles using strength bands and simple bodyweight exercises.

**Mobilise:** Increasing the range of movement around key joints with simple exercises including leg swings and hamstring sweeps;

Leg swings: <https://www.youtube.com/watch?v=korxBhGzzJE>

Hamstring sweeps: <https://www.youtube.com/watch?v=W-eG4UasYHo&list=UUuQpuVH0M0TpYdVKDdApZ1Q&index=74>

**Potentiate:** Getting you ready to run by completing 3 fundamental drills – Heel lifts, Straight Leg Kick Outs and A Skips. These drills are designed to reinforce the perfect posture exercise whilst developing a feeling of muscle tension. We will add 2-3 sets of strides after.

Straight leg kick out: [https://www.youtube.com/watch?v=V3HPkKjRg\\_I](https://www.youtube.com/watch?v=V3HPkKjRg_I)

Heel Lifts: <https://www.youtube.com/watch?v=2eI9YoTfzE>

A Skips:

<https://www.youtube.com/watch?v=9vq6F2Kkyq0&list=UUuQpuVH0M0TpYdVKDdApZ1Q&index=73>

**Main Session:** 6 minutes at threshold (or tempo) effort on flat: This basically involves running at a 'controlled discomfort' or '3-4-word answer effort'. This is a critical intensity to include in a runner's week, every week. Running at this effort (roughly 85% max HR) involves working hard but still able to rely on oxygen to fuel your running. For most this will be between 10km and 10-mile race pace.

**10 x 45s fast hills:** These short (ish) fast hills build some strength and power and also generate an increase in fatigue and blood lactate which will then test runners' ability to work hard back on the flat (thus simulating the fatigue of a 5-10km race). Focus on good posture and form – tall from the hips, powerful arm drive and a light strong footstrike. We will head up in 3-4 small groups to get your feeling a bit of team-work.

**3-4 x 2 minutes fast on flat:** After a short recovery we head back on the flat to work likely with a bit of light competition (with yourself!) included. Testing your strength endurance the goal is your legs will now feel tired – with the goal of hitting 10km pace or faster now on the flat we imagine you are running the final 2km of a 10km race.

**Cool Down:** Very gentle jog or even brisk walk followed by static stretching and a Q&A session.

## **Session 2: 15<sup>th</sup> July: Running Economy and 10km Prep**

This session gets down to the nitty gritty of 10km running mixing goal 10km pace with faster efforts to simulate race fatigue and teach some pace control.

6-8 x 3 minutes alternating odd numbers at 10km pace, even numbers faster at 3-5km pace with 75-90 seconds rest. For those who wish we will add 4-5 sets of 8 second fast hills after.

**Warm Up:** We will go through the RAMP warm up again with slight progressions to the drills looking to combine the straight leg kick outs and heel flicks into one drill and working a variation on the A Skip Drill. We will again add strides this time with high knees.

**Main Session:** 6-8 sets of 3 minutes run on the flat. The odd numbers to be run at goal 10km pace, the even numbers faster at 3-5km pace with 75-90s recovery. We will likely run this as out and back efforts so you can measure the alternations in effort without needing to rely on a watch....faster isn't always better....pace judgement is just as important and we will have a little competition around who is best on this. The goal here is to expose you to more 10km pace and get your working on and a little above the 'lactate threshold' effort we looked at in session 1.

4-5 x 8 second hills. For those that feel ready adding a handful of very short very fast hills after a main session is a really effective way of engaging these big powerful fast twitch muscles when tired. The very short nature of the hills means they test your muscles not so much your heart and lungs.

**Cool down:** Very gentle cool down jog or walk and stretch. Q&A focusing on theme determined from session 1.

### **Session 3: 12<sup>th</sup> August: Sharpening and Speed endurance**

This session gets your legs moving a little faster but keeps the recovery short with the goal of making 10km pace feel easier and developing your speed endurance. 3 x (4 x 80 seconds) + 6 minutes threshold or 10km pace.

3 sets of 4 x 80 seconds fast with descending recovery adding 6 minutes at threshold or 10km pace after. All on the flat.

**Warm Up:** Again, we will work through the RAMP warm up. With some variations to the activation and mobilisation exercises repeating the drills from session 2.

**Main Session:** 3 sets of 4 x 80 seconds fast with descending recovery. These efforts should be run at 3-5km pace and will be run on a flat loop. Set 1: 70 seconds rest. Set 2: 60 seconds rest. Set 3: 50/40/30 seconds rest. When finished for those ready we will add 5-6 minutes at 10km pace or threshold effort after. This will feel hard as the descending recovery will have increase your levels of fatigue and raised your heart rate a fair bit. It does not need to be pretty but the end of races often are not...

The focus throughout this session will be on your ability to relaxed (and smile....these is evidence behind this!) whilst running fast.

**Cool down:** Very gentle cool down jog or walk and stretch. Q&A focusing on themes determined from the first couple of sessions.