

BRISTOL TRACK CLUB

TRAINING PROGRAM - GENERAL NOTES & USEFUL INFO

Most of the athletes who train with us are serious/competitive runners and our training program reflects this. However the program is designed to allow runners of various abilities and fitness levels to come together and make the most out of each session. Where necessary we will split into smaller groups and/or suggest adjustments to the session to allow everyone to train at the right intensity. If you are new to training with us and are not sure if these sessions are for you then please get in touch and we will be happy to advise.

SESSION LOCATIONS & TIMINGS

We meet at three locations on a regular basis:

- On Tuesday evenings we meet at Whitehall Athletics Track at 6:00pm for 6:40pm session start
- Many of our group members meet for a session or long-run on the weekend which is organised on a more ad hoc basis. This is usually communicated through our WhatsApp group. Please get in touch if you would like to be added to the group.

While the regular Tuesday meeting point is Whitehall Athletics Track this does not mean we are restricted to using only the track for the session itself. We will occasionally use the nearby bike path or other spots that are within easy jogging distance from the track. We will meet at the track for group warm up (easy jog + stretching + drills) then head to the training start location as a group once everyone is ready (at approx. 6.40).

ABOUT THE PROGRAM

Now, as we head into winter, we will be focussing mostly on threshold work at a controlled effort. Usually longer intervals (around 600m - 1600m) with short recoveries, totalling 8-12km of work

When training together we encourage everyone to work as a team. Of course, not everyone will be at the same level and the group will inevitably spread out over the course of a training session, but try to work with those around you and re-group during recoveries where possible. During some of the more continuous sessions, such as fartlek runs or tempos, try to work together in small groups, motivate and encourage each other.

NB: We are not an affiliated club or official organisation, we are simply a group of athletes who train together. Therefore, you are responsible for your own safety and well being at all times during training sessions. This includes being responsible for knowing your own limitations and training within them and only training when you are fit and healthy enough to do so. We sometimes train on public roads where there may be traffic or other locations with other risks, when you train with our group you accept that it is at your own risk.

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DATE	PLANNED SESSION	SESSION NOTES
TUESDAY 10TH SEPT	up to 10 x 800m off 60" rest	Aiming for around 10km pace, or, starting slightly slower than 10k pace and getting slightly faster as the session goes on. Should be controlled
TUESDAY 17TH SEPT	Track: up to 20 x 400m off 30" rest	Threshold effort, or slightly faster towards the end
TUESDAY 9TH JULY	descending ladder: 6 laps, 5 laps, 4 laps ... 1 lap. Rec starts at 90" and reduces by 15" each rep	total of 8.4km. Start at sub-threshold effort (probably close to HM pace) and get a little quicker on each rep
TUESDAY 24TH SEPT	7, 9, 11, or 13km worth of 1km 'on' 1km 'off'	A continuous session where you alternate between running 1km at a moderate pace (around marathon pace) followed by 1km at faster than threshold pace (probably around 10km pace). Start and finish with a moderate rep (hence the odd number). For most people 7 - 11km is plenty.
TUESDAY 1ST OCT	2 to 4 sets of (1600m + 3 x 400m) rec = 60" after the 1600m rep, 30" after 400m reps. Lap jog between sets	1600m rep at threshold effort. 400m reps also at threshold 'effort', but given the reps are shorter you can increase the pace a little while maintaining the same effort
TUESDAY 8TH OCT	up to 10 x 1km off 60" rest	Aim for the same pace as Tuesday 10th Sept



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DATE	PLANNED SESSION	SESSION NOTES
TUESDAY 15TH OCT	Track: up to 22 x 400m off 30" rest	Threshold effort, or slightly faster towards the end
TUESDAY 2ND OCT	descending ladder: 6 laps, 5 laps, 4 laps ... 1 lap. Rec starts at 90" and reduces by 15" each rep	total of 8.4km. Start at sub-threshold effort (probably close to HM pace) and get a little quicker on each rep
TUESDAY 29TH OCT	7, 9, 11, or 13km worth of 1km 'on' 1km 'off'	A continuous session where you alternate between running 1km at a moderate pace (around marathon pace) followed by 1km at faster than threshold pace (probably around 10km pace). Start and finish with a moderate rep (hence the odd number). For most people 7 - 11km is plenty.
TUESDAY 5TH NOV	2 to 4 sets of (1600m + 3 x 400m) rec = 60" after the 1600m rep, 30" after 400m reps. Lap jog between sets	1600m rep at threshold effort. 400m reps also at threshold 'effort', but given the reps are shorter you can increase the pace a little while maintaining the same effort
TUESDAY 12TH NOV	up to 12 x 1km off 60" rest	Threshold effort. For most people 8 - 10 reps is plenty.
TUESDAY 19TH NOV	Track: up to 25 x 400m off 30" rest	Threshold effort, or slightly faster towards the end



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DATE	PLANNED SESSION	SESSION NOTES
TUESDAY 26TH NOV	descending ladder: 6 laps, 5 laps, 4 laps ... 1 lap. Rec starts at 90" and reduces by 15" each rep	total of 8.4km. Start at sub-threshold effort (probably close to HM pace) and get a little quicker on each rep
TUESDAY 3RD DEC	7, 9, 11, or 13km worth of 1km 'on' 1km 'off'	A continuous session where you alternate between running 1km at a moderate pace (around marathon pace) followed by 1km at faster than threshold pace (probably around 10km pace). Start and finish with a moderate rep (hence the odd number). For most people 7 - 11km is plenty.
TUESDAY 10TH DEC	2 to 4 sets of (1600m + 3 x 400m) rec = 60" after the 1600m rep, 30" after 400m reps. Lap jog between sets	1600m rep at threshold effort. 400m reps also at threshold 'effort', but given the reps are shorter you can increase the pace a little while maintaining the same effort
TUESDAY 17TH DEC	up to 12 x 1km off 60" rest	Threshold effort. For most people 8 - 10 reps is plenty.
TUESDAY 24TH DEC	Track Closed for xmas: may be an alternative session posted in the whatsapp group chat. TBC	
TUESDAY 31ST DEC	Track Closed for xmas: may be an alternative session posted in the whatsapp group chat. TBC	

