

# 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. 6.35/6.40).

### ABOUT THE PROGRAM

The majority of athletes are now in full winter training and the volume and intensity of the workouts will begin to increase. Most BTC athletes will now be targeting Telford 10k and/or Armagh 5k and this will be reflected in the coming months of training. For now, we continue with 'base training' style workouts but there will be some specific 5k and 10k work as we near the aforementioned races.

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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## TRAINING PROGRAM

DATE	PLANNED SESSION	SESSION NOTES
<b>TUESDAY 1ST NOV</b>	Track: up to 20 x 400m rec = 30"	Around 5k pace, or starting a little slower and increasing the pace slightly in the final 5 reps or so. This should not be an 'all out' session, when you finish you should feel like you could do another 3 - 5 reps at the same pace.
<b>TUESDAY 8TH NOV</b>	Cycle Path: 3 x 12' at threshold effort rec = 2' rest or easy jog to regroup	Meet at Whitehall Track for group warm up, first rep will start on the cycle path at 1840. Should be a controlled effort today, when you finish you should feel like you could do another 5 minutes or so at the same pace.
<b>TUESDAY 15TH NOV</b>	Track: 2km - 400m - 1600m - 400m - 1200m - 400m - 800m - 400m	Meet at Whitehall Track for group warm up, first rep at 1840. 400m reps at around 3k race pace, other reps starting at 10km-threshold effort for the 2km rep then getting a little faster in all subsequent reps.
<b>TUESDAY 22ND NOV</b>	Track: 4 x 2.4km where each rep alternates between 400m moderate, 400m fast. Rec = 2'	the 400m moderate reps should be around half marathon effort and the hard reps should be somewhere around 3-5k effort. So in each rep you will do 6 laps, 3 of which are moderate and 3 are hard. Total of 9.6km.
<b>TUESDAY 29TH NOV</b>	Track: 8-10 x 1km, first 5 reps of 45" and kept at threshold effort, next 3 - 5 reps off 90" and at (a little faster than) 10k pace.	The first part of the session should be very controlled, the pace you could do a 40' tempo run at, the second part should be hard, most likely a little faster than 10km pace.
<b>TUESDAY 6TH DEC</b>	Track: 2 x 2km + 6 - 10 x 400m Rec = 90" after 2k reps, 60" between 400m reps	first 2km at threshold effort (relatively easy), second 2km rep at target 10k pace, 400m reps at 5k pace (not faster, even if it feels comfortable! Today is more of a 'taper session' ready for the weekend. Those not racing can do more volume today.

