

# 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 spring, we will start introducing some faster work as we approach summer track season. There will still be an emphasis on good quality threshold efforts, but with a sprinkling of speed 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.

# BRISTOL TRACK CLUB

## TRAINING PROGRAM

DATE	PLANNED SESSION	SESSION NOTES
<b>TUESDAY 30TH APRIL</b>	Track: 16 - 22 x 400m off 30" rest	Mostly at threshold effort, or finishing slightly faster
<b>TUESDAY 7TH MAY</b>	Track: 10' tempo followed by 1600m, 1200m, 800m, 400m rec = 3' after the tempo, then 60"	10' tempo at threshold effort (between 10k and HM pace) shorter reps a bit faster (approx 10k down to 5k pace)
<b>TUESDAY 14TH MAY</b>	Track: 3 x 800m, 4 x 600m, 5 x 400m, (+ 4 x 200m, optional) rec = 60" // 1 lap jog between sets	Start at 5k pace and get a little faster in each set
<b>TUESDAY 21ST MAY</b>	Track: up to 10x 1km at threshold effort, 60" rest	Keep it controlled, at the end you should feel like you could do another 2 or more reps
<b>TUESDAY 28TH MAY</b>	Track: 2 to 4 sets of (5 x 400m, 60" rest), 1 lap jog between sets	Middle distance runners can do 2 sets at a faster pace, endurance runners can do 3 or 4 sets at a more controlled intensity
<b>TUESDAY 4TH JUNE</b>	Track: 3 or 4 sets of (1600, 400, 200) rec = 60", 45", lap jog between sets	1600 at threshold effort, then 400 and 200 reps much faster.

