

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

On Tuesday evenings we meet at Whitehall Athletics Track at 6:00pm for 6:40pm session start.

ABOUT THE PROGRAM

The majority of athletes are now finishing track season and looking towards running fast on the roads and cross-country as autumn approaches. Our sessions will largely be focused towards 5k/10k/HM paced efforts.

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
TUESDAY 22ND AUGUST	Track: 12 x 600m rec = 75" reps	Starting at around 5k race pace, finishing at around 3k race pace.
TUESDAY 29TH AUGUST	Track: 4 sets of 1 mile, 400m rec = 60" reps, 2' sets	The mile reps should be ran between 10k and HM pace with the 400m reps around 5k to 3k race pace.
TUESDAY 5TH SEPTEMBER	Track: 20 x 400m rec = 30"	Slightly progressing pace each rep. Starting at 10k pace and finishing at 3k-5k pace.
TUESDAY 12TH SEPTEMBER	Track: 8-10 x 1km rec = 60"	Threshold effort.
TUESDAY 19TH SEPTEMBER	Track: 4 x 2km, 4 x 200m rec = 90", 3" before 200's and 60" between 200's.	2k's at threshold effort. 200's fast and controlled to feel.
TUESDAY 26TH SEPTEMBER	Track: 10 x 800m rec = 60"	8-10 reps. Start slightly quicker than 10k pace and aim to run the bulk of the session at 5k pace.

