BRISTOL TRACK CLUB

TRAINING PROGRAM - GENERAL NOTES & USEFUL INFO

Most of the athletes who train with us are 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 6:45pm session start
- Many of our group members meet for a session or long-run on the weekend which is organised or 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. 6.45).

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 8-10km 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 24TH NOV	3 sets of (7 x 400m) Set one: 30" rest Set two: 45" rest Set three: 60" rest	2mins rest between sets. Shorter volume option: 3 sets of (6 x 400) Higher volume option: 3 sets of (8 x 400) Starting at threshold effort and aiming to get faster in each set.
TUESDAY 1ST DEC	3km tempo, 90" rest, 10 x 300m with 100m slow jog, 90" rest, 3km tempo	3km tempo runs should be at a controlled effort, probably around HM pace. The 300m reps around 5k pace. 7km total volume option: 2km, 10x 300, 2km
TUESDAY 8TH DEC	3 sets of (1600 + 4 x 400) Rec = 60" after the 1600m reps. 30" between 400m reps. Lap jog between sets	Aim for HM pace for the 1600m reps and 5k pace for the 400m reps. total of 9.6km. For anyone wanting lower volume, remove or reduce the 400m reps in the final set
TUESDAY 15TH DEC	Up to 10 x 1km off 60"	We will repeat this session in most training blocks as an opportunity for comparison. Reduce number of reps as needed for lower volume.
TUESDAY 22ND DEC	Christmas Handicap Relay Points earned per rep. More points = better prizes	10 reps of the following, in pairs: Person one starts by running 400m on their own. Person two then joins them for the next 400m (you must stay together). Person one then stops while person two continues onto their second lap individually. That is one complete rep. 1 min rest before person one then begins the next rep.

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DATE	PLANNED SESSION	SESSION NOTES
TUESDAY 5TH JAN	20 x 400m off 30" rest Add or remove up to 5 reps to increase or decrease volume as needed.	This is a great session to run in small groups, but you will need to be slightly flexible with recovery to help keep groups together. Allow 30 - 40" recovery where needed. Aim for 10k - Half marathon effort.
TUESDAY 12TH JAN	3 sets of (1k - 800 - 600 - 400 - 200) Rec: 75"/60"/45"/30" / lap jog after sets.	1k reps at 10k pace and then trying to get a little faster in each rep.
TUESDAY 19TH JAN	5 or 6 x 1600 in the following way: 600m fast / 200m steady 2mins rest between each	So one 1600m rep looks like this: 600m fast / 200m steady / 600m fast / 200m steady. 2mins rest. 2mins rest allows for sightly higher intensity in the reps.
TUESDAY 26TH JAN	Up to 10 x 1km off 60"	We will repeat this session in most training blocks as an opportunity for comparison. Reduce number of reps as needed for lower volume.
TUESDAY 2ND FEB	2km / 5 x 400m / 2km / 5 x 400m / 2km OR 1600 / 5 x 400m / 1600 / 5 x 400m / *(1600)* Rec = 90" 2km (or 1600), 45" after 400's	2km reps at half marathon effort, 400m reps at 10k effort.

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