

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 (**NOTE: Due to track closures on Tuesday 2nd & 9th April we will use the cycle path and meet at a different location, see program for details**).
- 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

For now, we continue with 'base training' style workouts, whilst slowly introducing some faster work as we approach spring and the summer track season.

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 5TH MARCH	Track: 7, 9, or 11km of Alternating 1km faster than threshold, 1km slower than threshold	Try to have a differential of approximately 20 - 30 seconds between the sub threshold and faster than threshold reps. Starting with a sub threshold rep
TUESDAY 12TH MARCH	Track: 12 - 15 x 600m rec = 45"	Mostly at threshold effort, or finishing slightly faster
TUESDAY 19TH MARCH	Track: 8 - 12 x 1km rec = 60"	Probably 8, 9 or 10 reps is enough for most. Mostly at threshold effort, getting towards 10k effort at the end.
TUESDAY 26TH MARCH	Track: 2.4km / 2km / 1.6km / 1.2km / 800m / 400m rec = 90"	Starting at around HM pace for the 2.4km and finishing at around 3km/5km pace.
TUESDAY 2ND APRIL	Road: Fartlek - 2 or 3 sets of 8x (90" fast / 45" easy). 3' easy jog between sets.	Meet at Morrisons Fishponds Car Park (Here: https://maps.app.goo.gl/uZ3GCnCJq62C9Z2C8) ready for training on the cycle path. Fartlek - approx 10k pace for the 90" efforts and easy run pace for the recovery.
TUESDAY 9TH APRIL	Road: 2 x 10' tempo (10' out / 10' back), 2 x 5', 2 x 2' rec = 2' easy jog after 10', 90" after 5' & 1' after 2'	Meet at Morrisons Fishponds Car Park (Here: https://maps.app.goo.gl/uZ3GCnCJq62C9Z2C8) ready for training on the cycle path.

