

# 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 winter, we will be focussing mostly on threshold work at a controlled effort. Usually longer intervals (around 600m - 1600m) with short recoveries, totalling 8-12km 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                                                                                                                                                      |
|------------------------------|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>TUESDAY<br/>14TH JULY</b> | Track: up to 25 x 400m off 45" rest.                                                                      | Due to the warm weather, you should do this session as you would normally run 400 reps off 30", but now with an extra 15" rest after every rep.                    |
| <b>TUESDAY<br/>21ST JULY</b> | 3 sets of (1600 + 4 x 400)<br>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 |
| <b>TUESDAY<br/>28TH JULY</b> | 5 or 6x 1600 in the following way:<br>600m at 5k pace / 200m at marathon pace. 2mins rest between each    | So one 1600m rep looks like this: 600m fast / 200m steady / 600m fast / 200m steady. 2mins rest.                                                                   |
| <b>TUESDAY<br/>4TH AUG</b>   | 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.                                                            |
| <b>TUESDAY<br/>11TH AUG</b>  | Track: up to 20 x 500m off 40" rest.                                                                      | Threshold effort, or slightly faster towards the end. 20 is the maximum, but fewer reps is also absolutely fine.                                                   |
| <b>TUESDAY<br/>18TH AUG</b>  | 3 sets of (1k - 800 - 600 - 400 - 200)<br>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.                                                                                            |



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| DATE                         | PLANNED SESSION                                                                                           | SESSION NOTES                                                                                                                                                                   |
|------------------------------|-----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>TUESDAY<br/>25TH AUG</b>  | Up to 10x 1km at threshold effort with 60" rest between all reps                                          | Should be somewhere between 10k and half marathon pace or slightly faster towards the end. You should feel like you could do another couple of reps once you finish the session |
| <b>TUESDAY<br/>1ST SEPT</b>  | 3 sets of (1600 + 4 x 400)<br>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              |
| <b>TUESDAY<br/>8TH SEPT</b>  | 5 or 6x 1600 in the following way:<br>600m at 5k pace / 200m at marathon pace. 2mins rest between each    | So one 1600m rep looks like this: 600m fast / 200m steady / 600m fast / 200m steady. 2mins rest.                                                                                |
| <b>TUESDAY<br/>15TH SEPT</b> | 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.                                                                         |
| <b>TUESDAY<br/>22ND SEPT</b> | Track: up to 20 x 500m off 40" rest.                                                                      | Threshold effort, or slightly faster towards the end. 20 is the maximum, but fewer reps is also absolutely fine.                                                                |
| <b>TUESDAY<br/>29TH SEPT</b> | 3 sets of (1k - 800 - 600 - 400 - 200)<br>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.                                                                                                         |

