

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
TUESDAY 7TH JAN	7, 9, 11, or 13km worth of 1km 'on' 1km 'off'	A continuous session where you alternate between running 1km at a moderate pace (around marathon pace) followed by 1km at faster than threshold pace (probably around 10km pace). Start and finish with a moderate rep (hence the odd number). For most people 7 - 11km is plenty.
TUESDAY 14TH JAN	Track: up to 20 x 500m off 40" rest	Threshold effort, or slightly faster towards the end
TUESDAY 21ST JAN	up to 8 x 1200m off 60" rest	At threshold effort (probably somewhere between 10k & HM pace)
TUESDAY 28TH JAN	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.
TUESDAY 4TH FEB	2 to 4 sets of (1600m + 3 x 400m) rec = 60" after the 1600m rep, 30" after 400m reps. Lap jog between sets	1600m rep at threshold effort. 400m reps also at threshold 'effort', but given the reps are shorter you can increase the pace a little while maintaining the same effort
TUESDAY 11TH FEB	Up to 12 x 800m in the following way: 400m at threshold effort 200m fast 200m at threshold effort	60" rest between reps 400m at approx 10k pace or slightly slower 200m at faster than 5k pace 200m back at 10k ish pace.



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DATE	PLANNED SESSION	SESSION NOTES
TUESDAY 18TH FEB	7, 9, 11, or 13km worth of 1km 'on' 1km 'off'	A continuous session where you alternate between running 1km at a moderate pace (around marathon pace) followed by 1km at faster than threshold pace (probably around 10km pace). Start and finish with a moderate rep (hence the odd number). For most people 7 - 11km is plenty.
TUESDAY 25TH FEB	Track: up to 20 x 500m off 40" rest	Threshold effort, or slightly faster towards the end
TUESDAY 4TH MAR	up to 8 x 1200m off 60" rest	At threshold effort (probably somewhere between 10k & HM pace)
TUESDAY 11TH MAR	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.
TUESDAY 18TH MAR	2 to 4 sets of (1600m + 3 x 400m) rec = 60" after the 1600m rep, 30" after 400m reps. Lap jog between sets	1600m rep at threshold effort. 400m reps also at threshold 'effort', but given the reps are shorter you can increase the pace a little while maintaining the same effort
TUESDAY 25TH MAR	Up to 12 x 800m in the following way: 400m at threshold effort 200m fast 200m at threshold effort	60" rest between reps 400m at approx 10k pace or slightly slower 200m at faster than 5k pace 200m back at 10k ish pace.

