**Running Somewhere Else Coached (Wednesday) Training Sessions**

**What are they and why should I go?**

These sessions are all about running improvement, training you to go faster no matter what your current level of fitness and ability. The coaching team build these sessions around speed and strength and all sessions are suitable for runners of all abilities.

Most of the sessions are operated in one large group with 1 or 2 coaches but at times the group may be split into ability groups based on 10K time, these allow runners of a similar ability to train together.

The sessions are made up of 3 parts:

1. A dynamic warm up to prepare your mind and body for the training load ahead
2. A structured set of running efforts with appropriate rest intervals
3. A warm down stretching routine.

It is important during in all parts of the session that you listen to your body and work at an intensity level that is appropriate to you at that particular time. The coaches are always very willing to offer alternative options (do ask) and we very much welcome constructive feedback for any of our sessions.

Your coaches may ask you to focus on a particular pace or intensity to benefit fully from the session. This may be at your 5K, 10K, half marathon or marathon pace alternatively they may say run at a RPE of say 6. RPE stands for Rate of Perceived Effort, please see the chart at the end of this document for an explanation.

The focus for each session is in the club calendar, examples of sessions that your coaches offer and an explanation of key terminology that may be used is below.

**Hills**: Hill repeats are an excellent workout for speed, strength & technique (they are much easier with good technique). Generally, a session will consist of running hard uphill then recover with an easy jog or walk back down and repeat. The hills may be short and sharp, a longer effort or a mixture of both. It’s important to recover properly after each rep to be ready to give maximum effort on the uphill part.

**Kenyan Hills**: A particular version of hill training named after the type of training carried out by elite athletes in Kenya. The aim is to run a hilly course and keep the same intensity running up **and** down each hill.

**Intervals:** This session involves pre-determined efforts (time or distance) with rest periods as determined by the coach for that session. Effort intervals can be long or short with static or low intensity recoveries of specified length (time or distance).

**Fartlek:**  Fartlek roughly translates to ‘speed play’. This involves a **continuous run** of a given length or duration where periods of faster running are mixed with periods of easier paced running (NOT complete rest as with interval training). This type of session can be done as a group with predetermined ‘efforts’ or great to do solo as you can set out without a detailed structure and run how you feel (use lamp posts, trees etc as places to change pace)

**Change The Pace:** There are several variations for this type of session. It could involve increasing your intensity/pace over determined intervals (e.g. 5 mins at half mara pace, 3 mins at 10K pace, 1 min at 5K pace) or running for a given time/distance at a predetermined pace then adding a ‘kick’ at the end. It’s important to know’ how you feel’ running at different paces and to practice this in training. Mixing up the pace adds interest and variation to a session and helps you to not be a ‘one pace for all’ runner.

**Pyramid Efforts:** A pyramid session is kind of split in two….going up the pyramid and back down, this could be distance or time based. An example would be running for set times ‘up the pyramid’ e.g. 1 x 1min, 1 x 2mins, 1x 3 mins, 1 x 4 mins then ‘back down the pyramid’ e.g. 1 x 3mins, 1 x 2mins, 1 x 1 min. Pace or intensity could also increase/ decrease as you move up and down the pyramid. Rest intervals could be stationary or at walking pace and will have a set duration. All this would be determined by the coach depending on the focus for the session.

**Target Zero:** A session to help judge your pace over a set distance. The coach will decide on a distance and runners will predict a time to complete that distance then run the given route without using a watch. The coach will time your run and compare the actual time with your prediction, plus or minus points will be awarded depending on the outcome. If the runner paces their run correctly the target of zero points will be achieved.

**Rate of Perceived Effort (RPE)**

Your coaches will refer to RPE as a guide as to what intensity to run during a session. You will find an intensity of 4 could be a very different pace for the same intensity on different runs, factors that influence this could be weather, terrain, level of tiredness, motivation etc. It’s important to always listen to your body and run at the right pace/intensity for you at a given time, use the following chart to help gauge your workout intensity and gain maximum benefit from the session.

**10: All Out Sprint**, sustainable for just 20 – 30 seconds

**9: Very Hard Intensity**, breathing laboured after a few seconds, requires focus. Good for 1 min intervals.

**8. Hard Intensity**. Requires focus to maintain, hard to say more than 2-3 words.

**7. Vigorous Activity**. Can speak in short sentences.

**6. Hard Activity**. Laboured breathing, challenging and uncomfortable but sustainable for 30 – 60 mins.

**5. Progressive pace**. A pace that requires some pushing and effort to maintain; still able to hold a conversation.

4**. Comfortable with some effort**. Slight ‘push’ but still at a pace which you could speak a few sentences without struggling.

3. **Comfortable pace.** Able to maintain a conversation without getting out of breath running.

**2. Light and easy.** Non taxing, very gentle and easy to maintain a conversation – could continue for hours.

1. **Minimum effort**. Bare minimum exertion; a gentle stroll. Could continue all day.

The coaching team look forward to working with you at these sessions and always welcome any questions and/or feedback regarding the sessions offered.