

## Winter Training Schedule for Tuesday Nights.

The foundation for most endurance athletes is steady aerobic training. For runners winter months are spent building our aerobic capacity with what Americans call 'the trial of miles'. 90% of our running therefore in January and February is at a relatively easy pace. That is a pace at which you can carry out an extended conversation. Ideal for long Sunday runs with the trotters or our traditional Thursday evening fayre at this time of year.

So what about the other 10%? If we only run slow easy miles (we used to call this LSD - long steady distance) the danger is we simply train our bodies to run slowly. The Tuesday sessions we have undertaken since the New Year, and will continue over the coming weeks, take us into the next training zone. This zone 2 means running our 'efforts/ups' at a pace that is slightly faster than our half marathon race pace. This roughly equates to the title of the group. The 7 minute group will aim to run efforts at roundabout 7 minute mile pace for example.

We therefore warm up for around 15 minutes and then run a series of mid-intensity efforts with a recovery between each effort. This recovery period is called an interval and over the years runners have referred to such training as 'interval sessions'. Later in the year we will be doing efforts in zone 3 (high intensity but lower volume) and finally working in zone 4 (speed).

The intensity in zone 2 aims to reproduce the pace you could just about maintain if you were flat out for 50 minutes. The pace in zone 2 reflects the pace you could only sustain for 6 minutes. Our efforts in January are therefore relatively long. This might seem slightly scary at first but if you are in the right group you quickly adapt and of course you are surrounded with people urging you on, sharing the pain and supporting you. That is the beauty of running on a club night.

Each week there is the opportunity to give feedback, claim bragging rights or post questions on the trotters tips facebook page. The plan for the next few weeks is as follows:-

Jan 17th

3 efforts of 1.5 miles for the faster groups off a 5 minute interval.  
3 efforts of ten minutes off a 5 minute interval for the middle groups  
3 efforts of 8 minutes off a 5 minute interval for the 10s and 11s.

Jan 24th

6 efforts of half a mile off 3 minutes for the faster groups (this will be pushing into zone 2)  
5 efforts of 3 minutes for the middle groups (at a slightly faster tempo)  
4 efforts of 3 minutes for the 10s and 11s.

Jan 31st This progresses in volume, but not intensity from the first session of the year.

4 efforts of 1 mile off 3 minutes for the faster groups (a classic session for many decades)  
4 efforts of 6 minutes for the middle groups

4 efforts of 5 minutes for the 10s and 11s

Feb 7th This progresses significantly in volume but not intensity from the second session of the year. Clips of top athletes undertaking this session supervised by Kevin Hanson can be found on Youtube.

3 efforts of 2 miles off 5 minutes recovery for the faster groups

3 efforts of ten minutes for the middle groups

1 effort of two miles for the 10s and 11s