

JOGLE 2010 - Training Plan

Key aims

- If running marathon build up long run to max 24M or 3Hours (Q1) Non marathon guy's max length 16-18M no point with 18+M N.B. long run need in general to be slower than we are making it at present.
- 1 session of either Hills for (strength/running economy) or Threshold run to improve lactate clearance (Q2)
- 1 session of speed work reps / intervals to improve (VO2max or running speed) (Q3)
- For JOGLE Increase multiple runs per day from 1x weekly double to 2-3x weekly double & triple.
- Complete Key races for monitoring progress (Key races are stafford Half or another, Fradley 10K or another 5M, Track 3K time trial)
- Up or down will indicate whether hard week or recovery week or taper.
- After 6M easy/ 8M tempo runs add 10x strides

Be careful increasing training load too quickly!

Put extra rest days in if feeling very tired - difficult sleeping which is out of your normal pattern.

Q1 typically Sunday, Q2 typically Tuesday, Q3 typically Thursday but day varied depending on weekend race/long run.

Date		Q1 long run	Q2 Threshold (Tuesday)	Q3 Speed (Thursday)	Multiple run days	Race & Date
28 Dec 2009	up	13	10m collage rd route	10x400 off 1min	1 double	Centurian 5 3rd jan
4 Jan 2010	up	15 - 16	kenyan hills 7 reps	8x800 off 2min	1 double	Country X-C 9th Chace Trig point 15 10th jan
11 Jan 2010	up	16	4x reps up beacon from ASDA	6m easy	2 double	X-C16th jan
18 Jan 2010	up	18	10m collage rd route	4-5 x 1m off 2.30min	2 double	
25 Jan 2010	down	10	8M sustained effort	6m easy		Midland X-C 30th jan
1 Feb 2010	up	16	Pyramid 2x400, 2x800, 1x1200, 1x1600, 2x800, 2x400	6m easy	2 double	Alsager 5 7th Feb
8 Feb 2010	up	18	Track 3K time trial 5-10mins active recovery followed 4x400 off 3min V fast	8m Tempo	2 double	X-C 13th Feb

Date		Q1 long run	Q2 Threshold (Tuesday)	Q3 Speed (Thursday)	Multiple run days	Race & Date
15 Feb 2010	up	20	6m easy (Triple day)	8x800 off 2min	1 double 1 triple	
22 Feb 2010	down	16	10M slow Beacon route	10x dyas rd hill reps		
1 Mar 2010	up	22	6m easy (Triple day)	4-5 x 1m off 2.30min	1 double 1 triple	
8 Mar 2010	up	18 if no fradley	12-16x400 off 1min	6m easy	2 double	Fradley 10K 14th March
15 Mar 2010	down	half	6m easy	6m easy		Midland 12 stage 20th Stafford 1/2 21st
22 Mar 2010	up	20 or 24	pyramid 2x400, 2x800, 1x1200, 1x1600, 2x800, 2x400	10m tempo collage rd route	3 double	
29 Mar 2010	up/Taper	13 or 24	5 x 800 off 3min N.B. reduced volume maintain quality	8m Tempo	2 double non Brighton	Massey 5 4th April
5 Apr 2010	Taper	15 or 10	10x 400 off 2min	6m easy	Non racers 1 double	
12 Apr 2010	Taper	10 or race	6m easy (Brighton) or 2 x 1M off 5mins	rest Brighton 6m easy rest (triple non racers)	non racers 2 double 1 triple	Brighton Marathon 18th
19 Apr 2010	Taper / recovery	race	Rest (Brighton) 6M easy London	Rest	non racers 2 double 1 triple	London Marathon 25th
26 Apr 2010	Recover y / Up	NA	Rest (London) 6M easy	Rest (London) 6M easy	non racers 2 triple	Practice weekend
3 May 2010	Up	NA	6m easy (Triple day)	6m easy (triple day)	3 triple very slow	
10 May 2010	Taper	NA	6m easy (Triple day)	6m easy (triple day)	2 triple very slow	
17 May 2010			rest / easy jog			JOGLE

Date		Q1 long run	Q2 Threshold (Tuesday)	Q3 Speed (Thursday)	Multiple run days	Race & Date
24 May 2010						JOGLE