



2012 Langdale Christmas Pudding 10K Training Plan

This assumes that you can run for a minimum of thirty minutes without stopping and at a pace at which you can hold a conversation

- 1) All sessions should be preceded by a gentle warm up of **at least** 5 minutes of easy running and preferably some running specific drills that you've done at classes
- 2) End all sessions with a walking cool down of 2-5 minutes, and stretch all muscle groups holding for 15-20 seconds
- 3) **'Threshold Running or T/H'** means running at a pace that is a little bit uncomfortable rather than conversational. This effort of running helps to make you faster!
- 4) **'Recovery' or Rec'** means running at a very easy pace. If you're on a hill during your Recovery running, some of you may need to walk in order to make it easy enough. Remember to have at least one day's rest from all forms of exercise each week.
- 5) The plan aims to do the following:
 - i) Increase your mileage to a minimum of 7 miles (which is longer than the target race distance) and further for faster class members
 - ii) Increase the amount of time you can run at threshold pace (which will make running faster towards the end of a race easier)
- 6) Included are rest weeks, every fourth week. It's important to have quieter weeks in order that you give yourself time to Recover – this will also make you faster!
- 7) If you would like more specific, personalised training programme, email Sam to arrange a Personal Training session. These are £35 for class members. Many class members have benefitted from these and gained significant PBs as a result. (PB: 'Personal Best')

Good luck! Sam Ayers & Rachel Mellor

	Run 1 (Monday or Tuesday)	Run 2 (Weds or Thursday)	Run 3 (Saturday or Sunday)
Week 1: W/C 24/09/12	24/09/12: Intermediate Class: <u>Monday 7.30pm</u> or 25/09/12 Intermediate Class: <u>Tuesday 9.30am</u> or 30 mins with 2 x 4 mins T/H, (3 min Rec) i.e. jog for 3 minutes between each block of T/H	27/09/12: Muster Class: <u>Thursday 6pm</u> or 27/09/12 Intermediate Class: <u>Thursday 7.10pm</u> or 30 mins with 2 x 4 mins T/H (3 min Rec)	29 or 30/09/12: Long run: 40 mins at conversation pace
Week 2: W/C 01/10/12	01/10/12: Intermediate Class: <u>Monday 7.30pm</u> or 02/10/12 Intermediate Class: <u>Tuesday 9.30am</u> or 35 mins with 2 x 4 minutes at threshold	04/10/12: Muster Class: <u>Thursday 6pm</u> or 04/10/12 Intermediate Class: <u>Thursday 7.10pm</u> or 35 mins with 2 x 4 minutes at threshold	06 or 07/10/12: Long run: 50 mins with 2 x 5 min T/H (5 Rec)
Week 3: W/C 8/10/12	08/10/12: Intermediate Class: <u>Monday 7.30pm</u> or 09/10/12 Intermediate Class: <u>Tuesday 9.30am</u> or 35 mins with 2 x 4 mins T/H, (3 min Rec)	11/10/12: Muster Class: <u>Thursday 6pm</u> or 11/10/12 Intermediate Class: <u>Thursday 7.10pm</u> or 35 mins with 2 x 4 mins T/H, (3 min Rec)	13 or 14/10/12: Long run: 60 mins with 2 x 6 mins T/H (4 Rec)
Week 4: W/C 15/10/12 (Recovery)	15/10/12: Intermediate Class: <u>Monday 7.30pm</u> or 16/10/12 Intermediate Class: <u>Tuesday 9.30am</u> or 30 mins easy, if at class – half number of reps	18/10/12: Muster Class: <u>Thursday 6pm</u> or 18/10/12 Intermediate Class: <u>Thursday 7.10pm</u> 30 mins easy, if at class – half number of reps	20 or 21/10/12: REST or bike, swim, walk, gym on one of the days, but take it easy
Week 5: W/C: 22/10/12	22/10/12: Intermediate Class: <u>Monday 7.30pm</u> or 23/10/12 Intermediate Class: <u>Tuesday 9.30am</u> or 35 mins with 2 x 5 mins T/H, (3 min Rec)	25/10/12: Muster Class: <u>Thursday 6pm</u> or 25/10/12 Intermediate Class: <u>Thursday 7.10pm</u> or 35 mins with 2 x 5 mins T/H, (3 min Rec)	27 or 28/10/12: Long run: 60 mins with 2 x 6 mins T/H (4 Rec)
Week 6: W/C 29/10/12	29/10/12: Half term, joint class: Monday 6.30pm or 35 mins with 2 x 6 mins T/H, (3 min Rec)	01/11/12: Half term, joint class Thursday 6pm or 35 mins with 2 x 6 mins T/H, (3 min Rec)	03 or 04/11/12: Long run: 65 minutes with 3 x 4 mins T/H, (3 Rec)
Week 7: W/C 5/11/12	05/11/12: Intermediate Class: <u>Monday 7.30pm</u> or 06/11/12 Intermediate Class: <u>Tuesday 9.30am</u> or or 35 mins with 2 x 6 mins T/H, (2 min Rec)	08/11/12: Muster Class: <u>Thursday 6pm</u> or 08/11/12 Intermediate Class: <u>Thursday 7.10pm</u> or or 35 mins with 2 x 6 mins T/H, (2 min Rec)	10 or 11/11/12: Long run: 70 minutes with 3 x 5 mins T/H, (3 Rec)



Samantha Ayers
1 Brookside
Eaglesfield
Cockermouth
Cumbria
CA13 0SD



www.bodyfitpersonaltraining.co.uk

01900 825974

asksam@bodyfitpersonaltraining.co.uk



Week 8: W/C 12/11/12	12/11/12: Intermediate Class: <u>Monday 7.30pm</u> or 13/11/12 Intermediate Class: <u>Tuesday 9.30am</u> or 35 mins easy, if at class – half number of reps	15/11/12: Muster Class: <u>Thursday 6pm</u> or 15/11/12 Intermediate Class: <u>Thursday 7.10pm</u> or 35 mins easy, if at class – half number of reps	20 or 21/10/12: REST or bike, swim, walk, gym on one of the days, but take it easy
Week 9: W/C 19/11/12	19/11/12: Intermediate Class: <u>Monday 7.30pm</u> or 20/11/12 Intermediate Class: <u>Tuesday 9.30am</u> or or 35 mins with 2 x 6 mins T/H, (2 min Rec)	22/11/12: Muster Class: <u>Thursday 6pm</u> or 22/11/12 Intermediate Class: <u>Thursday 7.10pm</u> or 35 mins with 2 x 6 mins T/H, (2 min Rec)	24 or 25/11/12: Long run: 70 minutes with 3 x 5 mins T/H, (3 Rec)
Week 10: W/C 26/11/12	26/11/12: Intermediate Class: <u>Monday 7.30pm</u> or 27/11/12 Intermediate Class: <u>Tuesday 9.30am</u> or 35 mins with 4 x 4	29/11/12: Muster Class: <u>Thursday 6pm</u> or 29/11/12 Intermediate Class: <u>Thursday 7.10pm</u> or 35 mins with 4 x 4 mins T/H, (3 min Rec)	01 or 02/12/12: Long run: 75 minutes with 3 x 5 mins T/H, (3 Rec)
Week 11: W/C 03/12/12	03/12/12: Intermediate Class: <u>Monday 7.30pm</u> or 04/12/12 Intermediate Class: <u>Tuesday 9.30am</u> or 35 mins with 4 x 4 mins T/H, (2 min Rec)	03/12/12: Muster Class: <u>Thursday 6pm</u> or 03/12/12 Intermediate Class: <u>Thursday 7.10pm</u> or 35 mins with 4 x 4 mins T/H, (2 min Rec)	08 or 09/12/12: Long run: 75 minutes with 3 x 5 mins T/H, (2 Rec)
Week 12: W/C 10/12/12	10/12/12: Intermediate Class: <u>Monday 7.30pm</u> or 11/12/12 Intermediate Class: <u>Tuesday 9.30am</u> or 35 mins with 2 x 4 mins T/H, (2 min Rec)	13/12/12: Muster Class: <u>Thursday 6pm</u> or 13/12/12 Intermediate Class: <u>Thursday 7.10pm</u> or 30 mins easy. If at class, have an easier run	Langdale Christmas Pudding 10K Sunday 16th December Time: 12.00 noon – PRE-ENTER
After Race	<p>Have an easier week (but try not to miss classes), then...</p> <ul style="list-style-type: none"> ✓ Follow a similar routine as weeks 9-12 over Christmas and into the New Year ✓ For additional races, see the BodyFit Race Calendar ✓ To check what classes are on, see the BodyFit Classes Calendar ✓ Our next race will be the BodyFit Lorton School 10K on Saturday 23rd March. Sam is taking entries for this now. 		

Other BodyFit Classes...

There are currently spaces at the following classes:

- ✓ Core Stability on the Ball: Weds 9.30am, Methodist Hall, Lorton Street, Cockermouth
- ✓ All running classes (no limit on size), Monday, Tuesday and Thursday
- ✓ SkipHop: Weds 11.15am, Eaglesfield Village Hall, Eaglesfield
- ✓ Older Adult Exercise Class: Friday 10.30am, Methodist Hall, Lorton Street, Cockermouth

Remember...

Introduce a friend or two to your BodyFit Class... if your friend then books for the term, you'll gain a 20% discount for your class for the same term or next term:

- ✓ One introduction per term = 20% discount for one class for one term
- ✓ Two introductions per term = 50% discount for one class for one term

If your class is full, just persuade your friend to join a different class! You'll still gain the discount.