**Session Aims**

The aim for our training during December is to continue preparation for the cross country events over the coming months. For this we will maintain the hill sessions on Tuesdays and some quicker efforts in pyramid and fartlek form on Thursdays. A slower club run for Thursday 21st is proposed to help us all wind down a little before Christmas!

**Tuesday Sessions**

The final two Tuesday night sessions in December will consist of 1 x 28 minutes and 1 x 30 minutes effort using the hills in the Public Park on both sides of the dual carriageway.

Session start times will be 6:05 pm and 6:50 pm at the venue. If planning to run up from the Pitreavie Sports and Soccer Centre, allow at least 20 minutes to get to the venue, i.e. leave at 5:45 pm or 6:30 pm respectively.

Alternatively meet at the venue warmed up and ready to run.

**Thursday Sessions**

On Thursday 14th December we remain at Camdean, a new venue which appears to be have been well received by member, but will move away from pyramids in favour of a fartlek session. The format of the session will be explained on the night.

On Thursday 21st December, we intend to have an easy paced social run which will be suitable for all. The route has still to be finalised and further details will be issued nearer the time. However, we do hope members will make every effort to come along that night as it will provide a great opportunity to catch up.

**Training Sub-Group**

A reminder that there’s the training sub-group consisting of the following individuals:

* Barry Davie
* Kevin Davie
* Lesley Halstead
* Paul Kieran
* Val Macaulay
* Jonathan Millar

If you have questions or feedback regarding any of the sessions, please contact Paul Kieran or Val Macaulay, or speak with one of the sub-group or general committee who will pass them on.

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| --- | --- | --- |
| **DATE** | **SESSION** | **VENUE** |
| Tues 5th Dec | Hill Session (26 minutes) | Public Park, Dunfermline |
| Thurs 7th Dec | Pyramid mixed pace session: 1, 2, 3, 2, 1, 2, 1, 1, 1, 1, 1 minute efforts with 2 minute recoveries. (16 minutes total effort, sharpener before ED XC champs). | Rosyth – Camdean Crescent to Brankholm path |
| Thurs 7th Dec | Alternative session: easy paced run with strides. | Rosyth – Camdean Crescent to Brankholm path |
| **Sat 9th Dec** | **East District XC Championship** | **Livingston** |
| Tues 12th Dec | Hill Session (28 minutes) (both sides of hill) | Public Park, Dunfermline |
| Thurs 14th Dec | Fartlek session, 30 minutes total running. Session will be explained on the night. | Rosyth – Camdean Crescent to Brankholm path |
| Thurs 14th Dec | Alternative session: easy paced run with strides. | Rosyth – Camdean Crescent to Brankholm path |
| **Sat 16th Dec** | **Festive Forest Run** | **Blairadam Forest** |
| Tues 19st Dec | Hill Session (30 minutes) (both sides of hill) | Public Park, Dunfermline |
| Thurs 21st Dec | Social club run with strides | TBC |
| No training over Christmas week – Devil’s Burdens recce details to follow. | | |

**Thursday Pyramid Session – Pacing Guidelines**

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| --- | --- | --- | --- | --- | --- |
| **Parkrun/**  **5k time**  **(hard effort flat)** | **Daniels VDOT No. (approx.)** | **Repetition Pace for 1 min Pyramid intervals** | | **VO2max Interval Pace for 2/3 min Pyramid intervals** | |
| **min** | **[-]** | **min/km** | **min/mi** | **min/km** | **min/mi** |
| 17 | 60 | 03:07 | 05:01 | 03:22 | 05:26 |
| 18 | 56 | 03:17 | 05:17 | 03:33 | 05:44 |
| 19 | 53 | 03:30 | 05:38 | 03:45 | 06:02 |
| 20 | 50 | 03:40 | 05:54 | 03:55 | 06:18 |
| 21 | 47 | 03:52 | 06:14 | 04:07 | 06:38 |
| 22 | 45 | 04:02 | 06:30 | 04:18 | 06:56 |
| 23 | 42 | 04:15 | 06:50 | 04:28 | 07:12 |
| 24 | 40 | 04:25 | 07:06 | 04:40 | 07:30 |
| 25 | 38 | 04:37 | 07:26 | 04:51 | 07:48 |
| 26 | 37 | 04:47 | 07:42 | 05:02 | 08:07 |
| 27 | 35 | 05:00 | 08:03 | 05:13 | 08:25 |
| 28 | 34 | 05:10 | 08:19 | 05:23 | 08:41 |
| 29 | 32 | 05:20 | 08:35 | 05:35 | 08:59 |
| 30 | 31 | 05:32 | 08:55 | 05:46 | 09:17 |

**Daniels Training Guidelines**

1. **Interval Pace: VO2max Intervals**

**Intensity:** Intervals are "hard" but not all-out running by any means. Usually at a pace that you could maintain for about 10-15 minutes in a serious race. Intervals are best if they involve runs of 3 to 5 minutes each (800m and 1000m workbouts are typical), with jog recoveries of similar duration (not necessarily, equal distance); relative to the runs they follow. If a workout calls for "hard" runs, then go by feel and imagine 5k race pace, as the intensity of each run.

**Purpose:** Stress your aerobic power (VO2max). It takes about two minutes for you to gear up to functioning at VO2max so the ideal duration of an "Interval" is 3-5 minutes each. The reason not to go past 5-minutes is to prevent anaerobic involvement, which can result in blood-lactate build-up.

1. **Repetition Pace: ‘Fast’ Reps and strides**

**Intensity:** Reps are fast, but not necessarily "hard", because work bouts are relatively short and are followed by relatively long recovery bouts. Recoveries are to be long enough that each run feels no more difficult than the previous run, because the purpose of Reps is to improve speed and economy and you cannot get faster (nor more economical) if you are not running relaxed. If it takes 3 minutes recovery between Rep 400s, then that is what is needed. Reducing rest time between individual work bouts does not make for a better workout, in fact it probably makes for a worse workout because the short rests could increase the stress and lead to poor economy. Think of Reps as similar to current 1500 or mile race pace.