

CHRIS HOLLINSHEAD TRAINING SESSIONS – SUMMARY OF DIFFERENT GROUPS

WEEK 1

GROUP A

4 sets of running at 5k pace for 4 minutes followed by 30 seconds recovery before increasing the tempo to 1500m pace for 60 seconds. Active recovery of 2.5 minutes between sets. The idea being to get the athletes body used to running at a higher speed.

GROUP B

3 sets of running at 5k pace for 3 minutes followed by 2.5 minutes active recovery; 2 minutes at 3k pace followed by 1.5 minutes active recovery; 1 minute at 1500m pace. 3.5 minutes recovery between sets. Again the idea here is to get your body used to running at higher speed.

GROUP C

5 sets of 3 minutes at 5k/10k pace. Run out for 1.1/2 minutes before turning around and running back. The aim is to run back faster than when they went out. 3 minutes active recovery between sets. Once again aiming to increase the speed you can maintain over these distances.

GROUP D

5 sets of 2 minutes at 5k/10k pace. Run out for 1 minute before turning around and running back. The aim is to run back faster than when they went out. 3 minutes active recovery between sets

WEEK 2 (ON THE TRACK)

GROUP A

3 sets of 4 x 400 metres with a 100m jog through recovery @ 5k pace

Between sets take 3 minutes active recovery

GROUP B

2 sets of 6 x 200 metres with 45 seconds recovery between reps and 3 minutes between sets. Pace @ 3k speed

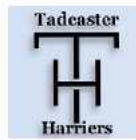
GROUP C

2 sets of 8 x 200m parlauf*. Set out a course on the grass or use the track if there is room. Runners will need to be in pairs of similar ability. Where ability levels are different we need to alter the start and finish position for that pair so they everyone received the same benefit.

GROUP D

Meet and retreat

A circuit that takes a runner approximately 60 seconds (approx 30 out and 30 back). Recovery:- perceived recovery based on talking pace



WEEK 3

GROUP A

3 x 6 minute repetitions at half marathon speed with 2 1/2 minutes recovery. After final repetition take 4 minutes recovery

1 x 3 minutes @ 10k pace with 2 mins recovery

1 x 90 seconds @ 5k pace with 90 seconds recovery

1 x 45 seconds @ 3k pace

GROUP B

3 x 5 minute repetitions at half marathon speed with 2 1/2 minutes recovery. After final repetition take 4 minutes recovery

1 x 90 seconds @ 5k pace with 2 minutes recovery

1 x 45 seconds @ 3k pace

GROUP C

1 x 6 minutes.

1 x 4 minutes

1 x 2 minutes

1 x 1 minute

Pace: talking pace for the 6 and 4 minutes

talking / phrase pace for the 2 and 1 minute

GROUP D

2 minutes

3 minutes

4 minutes

3 minutes

2 minutes

Pace: talking pace

Recovery - use talk test to ascertain when runners have recovered

- ◆ PARLAUF – basically running in pairs, in a relay, where one person runs whilst the other rests!