

Sally Ellis GMFR Training Programme for Elite Runners

Who is this programme for?

In 1992 the founder of SE Fitness and ex Olympian Marathon Runner Sally Ellis was first woman to finish the Fun Run. Back in those days the Fun Run was a 10 mile course and Sally finished in under 1 hour her average pace being around 5 minutes 40 per mile. This is a wonderful picture of her crossing the line!



Sally says, "This is a tough programme! It is only suitable for those running a minimum of 25 miles per week and 5 days per week. It is an intense programme, if you are not ready for the full programme then do NOT attempt both hard sessions every week. Substitute one hard for an easy run. The ultimate aim is to get to the start line injury free and as fit as possible.

Wk	Date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	total miles	Done (tick)
1	06-Apr-15	10 short hills(No.1)	Easy Run 45 mins	8 by 800m(RP), 90" jog (No.2)	Easy Run 45 mins	Rest or Easy Run	Easy 8m	Rest	30 - 35	
2	13-Apr-15	Steady 45 mins (RP +1')(No.3)	Easy Run 45 mins	6 by 1200m(RP), lap jog or 2 mins (No.4)	Easy Run 45 mins	Rest or Easy Run	Easy 8m	Rest	30 - 35	
3	20-Apr-15	5 by long hills (No.5)	Easy Run 45 mins	4 by 1m(RP), lap jog or 2 mins	Easy Run 55 mins	Rest or Easy Run	Easy 9m	Rest	35 - 40	
4	27-Apr-15	Steady 45 mins (RP +1')	Easy Run 45 mins	8 by 1km(RP), 2' jog	Easy Run 45 mins	Rest or Easy Run	Easy 9m	Rest	30 - 35	
5	04-May-15	6 by long hills (800m)	Easy Run 45 mins	10 by 800m(RP), 90" jog	Easy Run 55 mins	Rest or Easy Run	Easy 10m	Rest	35 - 40	
6	11-May-15	Steady 45 mins (RP +1')	Easy Run 45 mins	10 by 1km(RP), 2' jog	Easy Run 45 mins	Rest or Easy Run	Easy 10m	Rest	35 - 40	
7	18-May-15	12 by short hills (45")	Easy Run 45 mins	2 sets of (8 by 400m(RP), 1' jog) (No.6)	Easy Run 45 mins	Rest or Easy Run	Easy 8m	Rest	30 - 35	
8	25-May-15	Easy Run 45 mins	Rest or Easy Run	8 by 200m strides, 200m jog (No.7)	Rest	Easy 30 mins or rest	Rest	GMFR		

	RP = 10km Race pace			GMFR
	Best 10km	pace per mile	400m lap target time	predicted time for 8.5miles
1	41 mins 25 secs	6 mins 40 secs	1 min 40 secs	57 mins 43 secs
2	42 mins 50 secs	6 mins 53 secs	1 min 43 secs	59 mins 41 secs
3	43 mins 54 secs	7 mins 4 secs	1 min 46 secs	61 mins 10 secs

Select your current best 10km time

My Times

approx times

Steady Pace	pace per mile + 1 min		8 mins per mile
RP for intervals	use lap target times		1 min 40 secs per 400m
Easy Pace	Steady Pace + 30 secs		8 mins 30 secs per mile

Hard sessions

No.1	<p>Find a hill that would take about 45 seconds to run up (ensure it is safe). Jog one mile, as a warm up, followed by some dynamic stretches.</p> <p>Then run hard up the hill, maintaining good style. Jog back down ensuring you are fully recovered for the next hill. The session should be continuous. Finish with a one mile recovery jog followed by static stretches.</p>
No.2	<p>Either run on an athletics track (use inside lane) or find a flat and safe road or grass loop which is about 800m (half a mile - can be 400m loop; run twice).</p> <p>Jog one mile, as a warm up, followed by some dynamic stretches. Try to run each 800m in the same time. Use your 10km race pace as your target.</p> <p>Eg. if you run just under 44 mins for 10km you should do each of these half mile intervals in 3 minutes and 32 seconds.</p> <p>Consistent pace comes with practice so don't worry if the first few sessions are a bit erratic. After each interval keep jogging, however slow, for 90 seconds.</p> <p>Finish with a one mile recovery jog followed by static stretches.</p>
No.3	<p>Steady run = a pace of your best 10km plus one minute. Eg if you run just under 44 mins for 10km you should run each mile around 8 minutes.</p>
No.4	<p>Either run on an athletics track (use inside lane) or find a flat and safe road or grass loop which is about 1200m (three quarters of a mile - can be 400m loop; run three times).</p> <p>Jog one mile, as a warm up, followed by some dynamic stretches. Try to run each 1200m in the same time. Use your 10km race pace as your target.</p> <p>Eg. if you run just under 44 mins for 10km you should do each of these three quarter mile intervals in 5 minutes and 18 seconds.</p> <p>Consistent pace comes with practice so don't worry if the first few sessions are a bit erratic. After each interval, jog a lap of the track or for 2 minutes.</p> <p>Finish with a one mile recovery jog followed by static stretches.</p>

No.5	Find a hill that would be half a mile (cardiac hill is ideal as it is part of the GMFR route - watch for traffic!) Jog one mile, as a warm up, followed by some dynamic stretches.
	Then run hard up the hill, maintaining good style. Jog back down ensuring you are fully recovered for the next hill. The session should be continuous. Finish with a one mile recovery jog followed by static stretches.
No.6	Follow the format of previous interval sessions. However, split this session in to two sets. Jog a lap between sets or 2 minutes.
No.7	This should not be a hard session - run the 200m strides at RP (should feel comfortable) but focus on good technique. If using the track run 200m hard then 200m jog, eight times.

Further abbreviations:

1M = one mile (4 laps of track)

1Km = one kilometre (2 & a half laps of the track)

400m = quarter of a mile (one lap of the track)

45" = 45 seconds

2' = 2 minutes