

GMFR Training Programme for Advanced Runners (SE Fitness Run+ Groups)

Who is this programme for?

This programme is for runners who can run for 5 or 6 miles at a pace of around 10 minute miles eg runners who can run a 10K race in an hour or less. If you need help getting to this stage then you can join our regular Run+ Groups now. This programme is for runners who want to complete the GMFR in under 1 hour 25 minutes.

What is the main aim of this programme?

This programme gradually increases the long run to build endurance and stamina. It includes a high intensity speed session each week.

What does success look like?

You cross the finish line feeling tired but good with a GREAT BIG SMILE when you see your time!

Wk	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Done (tick)
1	6 April 2015	3 mile	Rest	3 mile	Rest	Speed 1	4 miles (about 40 mins)	Rest	
2	13 April 2015	3 mile	Rest	3.5 mile	Rest	Speed 2	4.5 miles (about 45 mins)	Rest	
3	20 April 2015	3.5 mile	Rest	3.5 mile	Rest	Speed 3	5 miles (about 50 mins)	Rest	
4	27 April 2015	4.5 mile	Rest	3.5 mile	Rest	Speed 4	5.5 miles (about 55 mins)	Rest	
5	4 May 2015	3.5 mile	Rest	4.5 mile	Rest	Speed 5	6.5 miles (about 65 mins)	Rest	
6	11 May 2015	5.5 mile	Rest	6 mile	Rest	Speed 6	7.5 miles (about 1 hr 15)	Rest	
7	18 May 2015	6 mile	Rest	5 mile	Rest	Speed 7	8.5 miles (about 1 hr 25)	Rest	
8	25 May 2015	3.5 mile	Rest	3.5 mile	Rest	Rest	Rest	Great Midlands Fun Run!!!!	

You made it! Well Done!

Advanced Runners - Here are some extra notes to support your training

- Remember to warm up with dynamic exercises such as marching and skipping and dynamic stretches like lunges.
- Run tall with relaxed shoulders, high hips and good posture.
- Always do some static stretches when you have finished.
- Rest is very important and allows your body to recover.
- Make the long run your priority.
- The times are based on a pace of around 10 minutes per mile.
- You will need extra energy so eat complex carbohydrates such as brown bread and rice.
- Drink plenty of fluids during training and on the day (it's nearly always hot).

Dates highlighted in yellow are the SE Fitness training days which are a great chance to train with friends and pick up useful hints.

Meet Wyndley Leisure Centre 8.30 for 9.00am start.

Speedwork Sessions

Speed 1	8 by 400 (1 lap track)	1 min jog in between
Speed 2	6 by 600 (1.5 lap)	2 min jog in between
Speed 3	4 by 800 (2 laps)	2 min jog in between
Speed 4	10 by 400 (1 lap)	1 min jog in between
Speed 5	8 by 600 (1.5 lap)	2 min jog in between
Speed 6	6 by 800 (2 laps)	2 min jog in between
Speed 7	12 by 400 (1 lap)	1 min jog in between

Speedwork Notes

- This is a high-intensity session you should aim to sustain a faster pace than normal eg if 1 is a walk pace and 5 is a sprint aim for 4.
- Try to maintain that pace consistently.
- If no track then run for 'time' eg 2 min hard, 1 min jog.
- Jog in between each repetition.
- Pace examples: 1 min 48 per lap is a 45 min 10k pace, 2 min per lap is a 50 min 10k pace.