



Thames Turbo @ Home

Run Sessions

Whilst we can still go outside take advantage with these run sessions. Please keep to social distancing. I advise you wear gloves just in case, you come to any gates or other objects that you may use and don't then touch your face!

Running isn't always about going out at just one pace. To be a better runner you have to get used to running at different paces and learning how to judge your pace over different distances. These sessions can be done on a treadmill or outside. If you are using a treadmill set the gradient to 1% to simulate an outside feel.

Session 1

Recovery runs are a great way to add mileage whilst not doing too much. It also helps clear fatigue from previous days sessions. Make sure you keep it at the right intensity. To get the best results use a heart rate monitor but if you don't have a heart rate monitor use RPE as a guide to your intensity. RPE (Rate of Perceived Exertion) is a scale of 1 -10 in effort. 1 being sat on the sofa to 10 being an all-out sprint! I would suggest that 5 out of 10 would be a comfortable pace to jog at where you can sing your favourite song without having to pant. This would be the equivalent of 80% heart rate. 6-7 out of 10 would be a run where you are panting fairly hard. 8-9 out of 10 would be fast efforts up to about 5 minutes and any faster efforts above that for shorter distances would be 10 out of 10.

Run for 20 – 45 minutes at 5 out of 10 with 4 X 20 second 9 out of 10 efforts with 1 minute at 5 out of 10 at the end of the run.

Session 2

30 - 45 minutes run at 85% heart rate or 7 out of 10 effort

Session 3

Longer run – 60 minutes up to 90 minutes depending upon your fitness level and the events you are aiming for. Anyone doing half or full ironman distances are up to 90 minutes if you have built up to this level before. Keep the pace at 5 out of 10.

Session 4

10 minutes easy jog warmup

6 X 3 minutes at your 5K race pace with 2 minutes easy jog between reps. If you have a smart watch or Garmin that measures distance, see if you can cover the same distance each repetition. 5 minutes easy jog to cool down.

Session 5

Warm up 10 minutes then 5 X 1 mile or 5 mins with 1-minute stop recovery. Try to cover the same distance each rep or achieve the same time for the distance each rep.



Thames Turbo @ Home

Session 6

Fartlek run – This is a Swedish word for speed play and basically means mixing your run up. Run different distances over different terrain at different speeds. For example, sprint to the next tree, run for 8 minutes slowly, medium pace for 13 minutes. The more varied the more fun. Run for as long as you want to but vary all the paces off road and on road.