



Training Plan Horwich RMI 2020



Why do track Sessions?

It is every athletes aim to improve their speed, pb's, performances and most of all to beat their closest competitors. Training on the track provides athletes with an objective measurement of their performance. It allows athletes to establish times than can then be used as a bench mark through the season to see how training is progressing. The sessions are designed to help athletes of every ability to improve their speed endurance and leg cadence. All races have flattish sections within them, when your speed endurance will be vital to overall performance.

These are available for all abilities and the sessions will be varied to your ability, wether you are a novice or an experienced runner

Make this part of your intergrated training plan for 2020

Date	Training session	Club Road champs	English/Club Fell Champs
Jan 7	Time Trial 5 x 1000m 3 mins rec		
Jan 14	2 x 4 x 1200 (75 secs + 3 mins)		
Jan 21	2 x 4 x 1200 (60 secs + 3 mins)		
Jan 28	2 x 4 x 1200 (60 secs + 2 mins)		
Feb 4	Speed End 4 x 800 5 x 600 6 x 400 (60) [3]		
Feb 11	Speed End 4 x 800 5 x 600 6 x 400 (45) [3]		
Feb 18	Time Trial 5 x 1000m 3 mins rec		
Feb 25	Strength End 4 x 8 mins (60 rec)		
Mar 3	Strength end 4 x 8 mins (50 rec)		
Mar 10	Strength end 4 x 8 mins (45 rec)		Anglezarke Challenge 19.8km
March 17	5 x 1000m 3 mins rec 3 x 400m		
March 24	Speed End partner running x 800m		
March 31	Speed End 4 x 4 x 400 4 x 200		Guisborough 3 tops AM
April 7	Time Trial 5 x 1000m 3 mins rec		PIKE RACE
April 14	2 x 400, 2 x 600, 2 x 800, 2 x 600, 2 x 400		
April 21th	800's as 500 (60) + 300 (90) x 8		

April 28	800's as 500 (60) + 300 (90) x 8		
May 5	800's as 500 (45) + 300 (75) x 8		
May 12 th	3 x 600 3 x 500 3 x 400 3 x 300		Aldermans Ascent AS
May 19	Speed end 3 x 4 x 500m		
May 26	Varied Pace whistle x 15 secs 8 x 4 mins (60 secs rec)		
June 2 nd	Time Trial 5 x 1000m 3 mins rec		
June 9 th	Strength End 6 x 1000m (Interval 2 mins)		Ennerdale AL
June 16 th	Speed end 4 x 800 5x 600 6 x 400		
June 23 th	Speed end 2 x 5 x 500 (75 + 3mins)		
June 30	Speed end 2 x 5 x 500 (60 + 3 mins)		
July 2 th	Strength End 8 x 5 mins (90)		Blencathra AM
July 7 th	Time Trial 5 x 1000m 3 mins rec		
July 14 th	Speed end 3 x 6 x 300 jog rec (60)		
July 21 th	Strength End 8 x 700 100 jog rec		
July 28			
Aug 4 th	Strength End 3 x 3 x 1000m		
Aug 11 th	Strength End 4 x 8 mins turn a round		
Aug 18	Strength End 5 x 8 mins		
Aug 25 th	Speed End 4 x 4 x 400 4 x 200		Arnison Crag AS
Sept 1 st	Strength end 8 x 5 mins		
Sept 8 th	Time Trial 5 x 1000m 3 mins rec		
Sept 15 th	8 x 800 as 600 (30) 200 (60)		South Mynd Tour AL
Sept 22 th	8 x Overlapping 800's		
Sept 29	Pyramid 500/600/700/800/800/700/600/500		Hodgson Brothers Relay
Oct 6 th	Speed End 4 x 800 5 x 600 6 x 400		
Oct 13 th	Strength End 4 x 8 mins (90 rec)		FRA relays Howgills
Oct 20 ^h	5 x 5 mins (60) 5 x 3 mins (45)		
Oct 27 rd	Time Trial 5 x 1000m 3 mins rec		
Nov 3 rd	8 x 6 mins turn a round (90 rec)		
Nov 10 th	Speed End 3 x 3 x 700m (100 jog)		
Nov 17 th	Speed End partner running x 800m		
Nov 24 th	Speed End 4 x 4 x 400 (60/45 & 3)		
Dec 1 st	Time Trial 5 x 1000m 3 mins rec		

Dec 8th	Strength End 5 x 8 mins (90 rec) Turn rounds		
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Overall Club Championships

Road	4/6 from the above races		
Fell	Rivington Pike Race	20 th April	
	Norman Mathews Race	15 th March	
XC	Best 4 from MACCL + Northern XC		

Junior Selection Races

U18's 8th May Loughrigg Ambleside
Junior Home International selection 18th July Threlkeld

Hill Training

There are specific hill training sessions throughout the year held for senior athletes on Thursdays. During the winter period the first 2 Thursdays of the month we meet at the bottom of Foxholes Rd. The second two Tony Hesketh will post the venue on Fb and the club website. In summer all the sessions move to selected areas on both Winter Hill and Anglezarke

Why Hill Train?

Most of the races Horwich RMI Harriers do are hilly so why not train over your competition terrain. Hill work can help with an athlete's overall strength. It will also help with developing a stronger cardiovascular system. Long hill running eg. fells, is best achieved by a combination of a strong well developed aerobic base and a well established rhythmic running style. If hill work is short and fast it helps to develop a better running economy or technique. It promotes a powerful backward arm drive, a slightly higher knee lift and a stronger core area. Running both uphill and downhill promotes more powerful concentric and eccentric muscle actions, thereby helping the overall running style

