# WHH 12 week running training 5th Sept to 23rd Nov 2017

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| Week 1 | Tuesday 5th Sept - ABCs | |
| Session Type | ABCs – reintroduction of ABCs – **to be developed with Chris and Bryan and updated**  Objective - strength-training, we are able to increase our running workload without increasing our injury risk. Building balance, mobility and coordination so we run more efficiently with less likelihood of injury from poor coordination. | |
| Warm Up | Timings | 20 min’s |
|  | 3 laps of the field  Ankle skips with arm swings  Walking Ankle Mobility  Heel flicks  High knees  Side steps with running arms  Ankle skips with arm swings (forward, back & across body)  Ankle skips with high knees and running arms  Walking lunge with warrior kick, hold in runners pose.  Kneeling hip mobility  Inch worm  Death march  4 x 20 sec’s strides | |
| Main Session | Timings | 30 mins |
|  | Mixed Circuits TBD by Chris  Press up jumps in pairs  Plank with opposite arm / leg extensions  V sit-up  Side plank  Mountain climbers  High knees on wall  Sprint start acceleration  Warrior lunge, hold in runners pose  Travelling press ups | |
| Cool Down | Timings | 10 min’s |
|  | 2 laps steady jog  Stretch –  Quads  Hamstrings  Calves  Inner thigh  Outer thigh  Hip flexor | |
| Notes |  | |

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| Week 1 | Thursday 7th Sept - Intervals | |
| Session Type | Interval session  Objective – increase VO2 Max, thereby increasing speed over shorter and longer distances, which can, over time be maintained. More info [here](https://www.runnersworld.com/race-training/interval-sessions-increasing-your-v02-max)  Equipment – Lights and laminating colours required | |
| Warm Up | Timings | 10 min’s |
|  | Jog down to Charlton ‘track’  Run around track | |
| Main Session | Timings | 30 mins |
|  | 4 x 1k (whole laps) or 4 x 500 (half laps)  4 x 60 seconds hard with 2 min jog recovery | |
| Cool Down | Timings | 10 min’s |
|  | Jog back to leisure centre / 1 lap jog cool down  Stretch –  Quads  Hamstrings  Calves  Inner thigh  Outer thigh  Hip flexor  ITB  Touch toes  Whole back (stretch to sky) | |
| Notes |  | |

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| Week 1 | Saturday 9th Sept – Hill reps | |
| Session Type | Hill rep session  Objective – Strength training with decreased impact over intervals. More info [here](http://www.active.com/running/articles/how-to-complete-high-intensity-interval-hill-workouts)  Equipment – trail shoes likely to be needed | |
| Warm Up | Timings | 10 min’s |
|  | Jog warm-up  Run the hill | |
| Main Session | Timings | 30 mins |
|  | 6 x 1 min hill sets with jog back 90 second recovery | |
| Cool Down | Timings | 10 min’s |
|  | Jog back  Stretch –  Quads  Hamstrings  Calves  Inner thigh  Outer thigh  Hip flexor  ITB  Touch toes  Whole back (stretch to sky) | |
| Notes |  | |

