# 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 fieldAnkle skips with arm swingsWalking Ankle MobilityHeel flicksHigh kneesSide steps with running armsAnkle skips with arm swings (forward, back & across body)Ankle skips with high knees and running armsWalking lunge with warrior kick, hold in runners pose.Kneeling hip mobility Inch wormDeath march4 x 20 sec’s strides |
| Main Session | Timings  | 30 mins |
|  | Mixed Circuits TBD by ChrisPress up jumps in pairsPlank with opposite arm / leg extensionsV sit-upSide plank Mountain climbersHigh knees on wallSprint start accelerationWarrior lunge, hold in runners poseTravelling press ups |
| Cool Down | Timings  | 10 min’s |
|  | 2 laps steady jogStretch –QuadsHamstringsCalves Inner thighOuter thighHip flexor |
| Notes |  |

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| Week 1 | Thursday 7th Sept - Intervals |
| Session Type | Interval sessionObjective – 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 downStretch –QuadsHamstringsCalves Inner thighOuter thighHip flexorITBTouch toesWhole back (stretch to sky) |
| Notes |  |

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| Week 1 | Saturday 9th Sept – Hill reps |
| Session Type | Hill rep sessionObjective – 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-upRun 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 –QuadsHamstringsCalves Inner thighOuter thighHip flexorITBTouch toesWhole back (stretch to sky) |
| Notes |  |

