



Stornoway Running & Athletics Club

Winter 2021/22 training plan – Part 1

This plan has been developed by the SRAC Coaches to help club members training over the winter. Part 1 of the plan takes us to the end of 2021, Part 2 will be released in the new year and work towards the National Cross Country, Inverness Half/5k and Benbecula 10k in February/March. The plan is a framework to help you with your weekly training structure. The session details will be posted each week as usual in the SRAC Training WhatsApp group and here - [SRAC Senior Sessions](#).

Club sessions will still be suitable for all members even if you're not following the plan or not taking part in the races! If you're coming back from injury or regaining your fitness the sessions will be tailored to suit you too.

Notes on the plan:

- We would recommend that only runners who previously completed at least one of the 10k training plans or experienced runners train towards the Half Marathon. The 10k is a great option for anyone else to build towards a future Half Marathon.
- Cross Country (XC) training is a brilliant way to increase your strength and endurance over the winter, its suitable for all abilities come and give it a go!
- You should aim to take part in a maximum of 2 of the 3 sessions in **RED** per week.
- We have included suggested weekend long runs. This is a guide, depending on experience/fitness you may want to do a bit less or a bit more. If you are taking part in XC training, we would encourage you to do these runs off-road.
- The optional Tuesday steady run is mainly targeted at increasing the endurance base of Half Marathon and Cross Country runners. Again depending on experience/fitness you may or may not want to include this in your plan.
- Recovery days after sessions are really, really important and should always be at Easy effort!

- **Weekly mileage:** it is very important to manage your weekly mileage total. Try and keep it consistent and only increase it by a max of 10% each week. For example if you do 20 miles in the first week, the next week aim for 22, then 24 and so on. It is also good practice to set a peak target e.g. 35 miles and don't go beyond this. Mileage targets will be very different for everyone depending on things like fitness, experience and the races you are targeting. If you are unsure what yours should be please speak to the Coaches.
- If anything doesn't make sense or you have any questions at all please email seniortraining@srac.org.uk or speak to the Coaches at training. * See the Pace Guide below the plan too*.

Here are our organised training sessions each week:

- **Monday 5.30pm**, Stornoway Running Track, £2. Track interval session.
- **Tuesday 5.30pm**, Stornoway Golf Club car park. Steady hilly group run, [please be familiar with these routes here.](#)
- **Thursday 5.30pm**, Stornoway Golf Club car park*. Hill/endurance training. (*Venue change from 11/11/21)
- **Saturday 10am**, Lews Castle Museum car park. Cross Country intervals, please wear trail shoes.
- **Sunday 9am**, Stornoway Golf Club car park. Cross Country long run, please wear trail shoes.
- **Sunday 10am**, Lews Castle Museum car park. Bun Run, group road run with cake at the end!

October 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekend long run
Week beginning 27 th September	Track session Or rest	Steady hilly 5 miles (Optional run) Or Rest	Recovery day: Easy 30 mins run & core/strength training or cross training (swim, bike, walk, etc)	Hill/endurance session	Recovery day: Easy 30-40mins run or cross training or rest.	XC Session	40 to 60 min long run
Week beginning 4 th October	Track session Or rest	Steady hilly 5 miles (Optional run) Or Rest	Recovery day	Hill/endurance session	Recovery day or rest	XC Session	50 to 70 min long run
Week beginning 11 th October	Track session Or rest	Steady hilly 5.5 miles (Optional run) Or Rest	Recovery day	Hill/endurance session	Recovery day or rest	Forres XC League Race or XC Session	50 to 70 min long run
Week beginning 18 th October	Track session Or rest	Steady hilly 5.5 miles (Optional run) Or Rest	Recovery day	Hill/endurance session	Recovery day or rest	Western Isles XC Champs (Berneray) or XC Session	60 to 80 min long run
Week beginning 25 th October	Track session Or rest	Easy 5 miles (Optional run) Or Rest	Recovery day	Wacky Race 1 – 5k	Recovery day or rest	XC Session	60 to 80 min long run

November 2021

Week beginning 1 st November	Track session Or rest	Steady hilly 6 miles (Optional run) Or Rest	Recovery day	Hill/endurance session	Recovery day or rest	XC Session	60 to 80 min long run
Week beginning 8 th November	Track session Or rest	Steady hilly 6 miles (Optional run) Or Rest	Recovery day	Hill/endurance session	Recovery day or rest	Evanton XC League Race or XC Session	70 to 90 min long run
Week beginning 15 th November	Track session Or rest	Steady hilly 6 miles (Optional run) Or Rest	Recovery day	Hill/endurance session	Recovery day or rest	Lewis & Harris XC Race 1	70 to 90 min long run
Week beginning 22 nd November	Track session Or rest	Steady hilly 6.5 miles (Optional run) Or Rest	Recovery day	Wacky Race 2 – 5k	Recovery day or rest	XC Session	70 to 90 min long run
Week beginning 29 th November	Track session Or rest	Steady flat 5 miles (Optional run) Or Rest	Recovery day	Easy club run with	Recovery day or rest	North District XC Champs or North Lewis 10k/5k	40 to 80 min long run

December 2021

Week beginning 6 th December	Track session Or rest	Steady hilly 6.5 miles (Optional run) Or Rest	Recovery day	Hill/endurance session	Recovery day or rest	XC Session	75 to 95 min long run
Week beginning 13 th December	Track session Or rest	Steady hilly 7 miles (Optional run) Or Rest	Recovery day	Hill/endurance session	Recovery day or rest	SRAC Xmas Handicap race (Wacky Race 3) – 4.1 or 5.4 miles	60 to 95 min long run
Week beginning 20 th December	Track session Or rest	Steady hilly 7 miles (Optional run) Or Rest	Recovery day	Hill/endurance session	Recovery day or rest	XC Session	80 to 100 min long run
Week beginning 27 th December	Track session Or rest	Steady hilly 7 miles (Optional run) Or Rest	Recovery day	Hill/endurance session	The Flett Trek Or recovery day or rest	XC Session	80 to 100 min long run

So in practice a typical week could look like:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekend long run
Week beginning ...	Rest	Steady Run	Easy 30 mins run & core/strength training	Hill/endurance session	Cross training (Swim)	XC Session	Long run

[SRAC Strava Group](#) – our group on Strava is a great place to see how everyone’s training is going. Even if you don’t have a fancy GPS watch you can use the app on your phone or even manually input your runs!

Pace guide:

Easy pace – this should be slow, slow, slow the aim of these runs is recovery, you should not feel like you’re working hard and should be able to talk. Forget about the pace on the watch and run on feel!

Steady pace – this should be somewhere in-between easy pace and race pace, you should be working harder but not flat out. Pick an average pace to aim for beforehand. But don’t worry if you are tired and struggling to maintain it just ease back a bit during your run.

Track/interval efforts – this should be a hard effort but also consistent if you are unsure how hard to push try and aim for your 3K or 5K race pace. Don’t go too hard in the first few reps then have your pace drop off, think about how many reps you are doing.

Hill reps – these will usually be short and sharp so you want to be giving close to your maximum effort. Again be careful about burning yourself out in the first few reps, the sessions are much harder than they sound!

Long run – this should be at least 1 min and 30 secs per mile slower than goal 10K or Half Marathon race pace. You should not be running PBs in these runs, the aim is to maximise time on your feet. Stay relaxed, you should be able to talk during this run. Save your big efforts for the sessions.