



# Stornoway Running & Athletics Club

## Stornoway Half Marathon & 10k 2022 training plan

This plan has been developed by the SRAC Coaches to help club members training towards the Stornoway Half Marathon & 10k on 28<sup>th</sup> May and the Leanne Fund 10k & 5k on 11<sup>th</sup> June. The plan is a framework to help you with your weekly training structure.

Club sessions are still 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.
- The main club sessions are highlighted in **RED** on the plan, if you are unable to make these homework sessions will be posted here [SRAC Senior Sessions](#).
- 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.
- The optional Saturday steady run is mainly targeted at increasing the endurance base of Half Marathon 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](mailto:seniortraining@srac.org.uk) or speak to the Coaches at training. \* See the Pace Guide below the plan too\*.

## **NEW Training Packs!**

Senior sessions have been reorganised so it is now easier to find your **Pack!** On a training night everyone will still meet up together but we will now training in **Packs:**

- **PACK A** - Suitable for runners with a current 5k time over 27/28 minutes. Led by Wendy and Brenda.
- **PACK B** - Suitable for runners with a current 5k time between 23 & 26 minutes. Led by Muriel, Anna and Heather.
- **PACK C** - Suitable for runners with a current 5k time under 21/22 minutes. Led by Jonathan and Norman.

Our sessions are suitable for all abilities, the 5k times above are a rough guide. Everyone is free to join the Pack they feel most comfortable with on a training night and can change whenever or as often as they like! This will also help folk getting back to fitness or returning from injuries too.

Sunday long runs will also be run in Packs 😊

## **Here are our organised training sessions each week:**

- **Tuesday 5.30pm**, Stornoway Running Track, £2. Track interval session. Suitable for all Packs!
- **Thursday 5.30pm**, Lews Castle Museum car park. Hill/endurance training. Suitable for all Packs!
- **Sunday 9.30am**, Lews Castle Museum car park. Group long road run in the Packs, with cake at the end!

# March/April 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekend long run
<b>Week beginning 28<sup>th</sup> March</b>	Rest day. No running!	Track session	Recovery day: Easy 30 mins run & core/strength training or cross training (swim, bike, walk, etc)	<b>Wacky Race 6 - 5k</b>	Recovery day: Easy 30-40mins run or cross training or rest.	Steady run between 5 & 7 miles (Optional run) Or Rest	70–80 mins (Half mara runners) 30–50 mins (5k/10k runners)
<b>Week beginning 4<sup>th</sup> April</b>	Rest day.	Track session	Recovery day	Hill/endurance session	Recovery day or rest	Steady run between 5 & 7 miles (Optional run) Or Rest	80–90 mins (Half mara runners) 30–60 mins (5k/10k runners)
<b>Week beginning 11<sup>th</sup> April</b>	Rest day.	Track session	Recovery day	Hill/endurance session	Recovery day or rest	<b>Back to theTrack Race 5000m or 3000m TBC</b>	80–90 mins (Half mara runners) 30–60 mins (5k/10k runners)
<b>Week beginning 18<sup>th</sup> April</b>	Rest day.	Track session	Recovery day	Hill/endurance session	Recovery day or rest	Steady run between 6 & 8 miles (Optional run) Or Rest	90-100 mins (Half mara runners) 40–70 mins (5k/10k runners)
<b>Week beginning 25<sup>th</sup> April</b>	Rest day.	Track session	Recovery day	Hill/endurance session	Recovery day or rest	Steady run between 7 & 9 miles (Optional run) Or Rest	90–100 mins (Half mara runners) 40–70 mins (5k/10k runners)

<b>Week beginning 2<sup>nd</sup> May</b>	Rest day. No running!	Track session	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.	Steady run between 8 & 10 miles (Optional run) Or Rest	100-110 mins (Half mara runners) 50-80 mins (5k/10k runners)
<b>Week beginning 9<sup>th</sup> May</b>	Rest day.	Track session	Recovery day	Hill/endurance session	Recovery day or rest	Steady run between 6 & 8 miles (Optional run) Or Rest	100-110 mins (Half mara runners) 50-80 mins (5k/10k runners)
<b>Week beginning 16<sup>th</sup> May</b>	Rest day.	Track session	Recovery day	Hill/endurance session	Recovery day or rest	Steady run between 4 & 5 miles (Optional run) Or Rest	40-60 mins (Half mara runners) 30-60 mins (5k/10k runners)
<b>Week beginning 23<sup>rd</sup> May</b>	Rest day.	Track session	Rest day	Group 30-40min run with 4x2min bursts	20min easy run or rest day.	<b>STORNOWAY HALF &amp; 10K</b>	<b>Well-earned lie in!</b>
<b>Week beginning 30<sup>th</sup> May</b>	Rest day.	Track session	Recovery day	Hill/endurance session	Recovery day or rest	Steady run between 4 & 5 miles (Optional run) Or Rest	30-60 mins (5k/10k runners)
<b>Week beginning 6<sup>th</sup> June</b>	Rest day.	Track session	Rest day	Group 30-40min run with 4x2min bursts	Recovery day or rest	<b>LEANNE FUND 10k &amp; 5k</b>	<b>Start of summer training break ☺</b>

**So in practice a typical week could look like:**

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