

How should each run feel?

runningwithus

There are a number of different paces that you should aim to master that will make up your training:

Easy run – fully conversational at the speed of chat and about 6/10 effort.

Steady run – conversational, controlled but working at about 7/10 effort.

Threshold running – controlled discomfort, 3-4 word answer pace 8/10 effort.

Interval running
5k-10k effort - 9/10
and working hard.



In detail:

The feeling of not being sure how fast you should be running for any particular session is common, from beginners to elite international athletes. For beginners it never feels as though running is easy, but we can assure you that running doesn't need to be hard all the time.

At the beginning all you are trying to do is get out and run. That should be at **easy pace** or 'the speed of chat' – if you can't talk as you are running, you're going too fast, simple as that. For the more experienced runner, 'the speed of chat' is how your easy and recovery runs should feel – totally in control, relaxed and slow enough to talk. If you are combining walking and running, the effort level remains the same – you should be able to hold a conversation on both the walking and running segments.

Faster than easy, conversational running is **steady running**. This is the backbone of training for more experienced runners. This is where you must be honest and not push too hard or you might ruin your faster sessions, so conversation should still be possible, but a little strained.

Incorporating **threshold running** is how the elites train and you can train like this too. This is where you are running at a controlled discomfort level: you can still talk between breaths, but only 3 or 4 word phrases. This is not running to exhaustion or sprinting. You may already feel able to include some 3 minute blocks into a run each week which will grow in volume throughout your training.

Interval training and 3k/5k/10k pace is top-end training. This is often called the "hurt locker" and is used in training to replicate the feeling at the end of a hard race. The effort levels here should be almost at maximum.

Recovery Run (RR)

Training for endurance requires your body to work harder than it has ever done. To see improvement without breaking down, you'll need some recovery runs. These should be nice and easy and you should feel relaxed. Enjoy the scenery. You should be breathing easily and be capable of holding a conversation throughout the run. This will mean that you are running in the 60–65% range of your Maximum Heart Rate (MHR) and it should be no more than 45 minutes in duration. This allows your body to adapt to the training workload and therefore improve. It also helps with the removal of the waste products, which accumulate in your muscles after harder efforts.

Threshold Runs (THR)

After the long endurance runs, tempo runs are probably your most valuable workouts. You will find them slightly uncomfortable and they'll require concentration, but they are well worth the effort. As they're run at a controlled brisk pace, about 80–85% of your MHR, you'll only be capable of uttering a couple of words to your training partners. Tempo/threshold runs improve your lactate threshold (the speed above which your body struggles to cope with the lactic acid created by burning energy without oxygen), your running efficiency and aerobic capacity (your body's ability to utilise oxygen). All this helps to improve your endurance performance.

Long Runs (LR)

Long runs are vital in your plan and key to racing well in long distance races from 5km – marathon. At first, concentrate on increasing the time on your feet rather than worrying about distance. Start off by heading out for at least an hour and run at 65% of MHR (conversational pace). These runs improve your muscular endurance and condition your body to burn fat as its primary fuel source.

Continuous Hills (CH)

Hill running develops strength in your muscles and tendons without putting them under the type of stress they are exposed to during faster running. Run up a 5-10% gradient for 45-90 seconds at a steady-threshold effort. Turn immediately at the top and run down the hill at the same effort, then turn at the bottom and repeat without any recovery until the rep time ends. Like a tempo/threshold run, a hill session is time to concentrate, as you should be working at about 80–85% of MHR and be able to utter just a word or two.

Fartlek (F)

This is a Swedish term that literally means “speed play”. It involves a number of bursts of effort over a variety of distances with a variable recovery. Originally the length of effort was based on the terrain, for example, pushing harder every time you came to a climb, no matter how long it was. But you can adapt it for your needs.

Interval Training (IT)

Intervals help to boost specific race pace speed and involve running timed efforts with a controlled recovery. The effort level is around 85–100% of MHR, depending on the duration of the event you are training for and the length and volume of intervals used.

Warming Up/Warm down (WU)

When you are going to do any faster running such as Hills, Threshold Runs, Intervals or a race, it is important to warm up gradually. A 10-15 minute jog lets your muscles warm up and improve their range of movement. It also allows your cardiovascular system to prepare. You should also jog easily for 10-15 mins after any hard work out. This reduces muscle soreness; flushes away lactic build up and will make you feel better over the next few days.

Cross Training & Core Conditioning (XT)

It is important that your training is balanced with some non-impact activities such as swimming, cycling, rowing, aerobics, etc, otherwise you are more likely to pick up an annoying injury that will set back your training. But more experienced runners should also add cross training to their regime. Endurance running, especially the marathon, requires whole body-conditioning. To achieve this you should aim to work a variety of muscle groups and not just your legs. Remember, though, that you are a runner, so just be careful not to make the cross-training, whether it is core conditioning, lifting weights, using an elliptical trainer or practicing Pilates, so intense that you are left too tired for your running.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
1	30-40 minute recovery run or easy XT + conditioning	Threshold session. 45 minutes including 4 x 5 mins @ threshold with 90 secs jog recovery	45 minute easy run or cross training	Am: 30-40 minute easy run Pm: 30 minute progression run with 10 easy, 10 steady and 10 @ threshold	Rest	4 x 6 minutes of continuous/Kenyan hills with a 2-3 min jog recovery.	75 minute easy run remaining covnersational throughout	<input type="checkbox"/>	☺ ☹ ☹
2	30-40 minute recovery run or easy XT + conditioning	Threshold session. 45 minutes including 5 x 5 mins @ threshold with 90 sec jog recovery	45 minute easy run or cross training	Am: 30-40 minute easy run Pm: 30 minute progression run with 10 easy, 10 steady and 10 @ threshold	Rest	5 x 6 minutes of continuous/Kenyan hills with a 2-3 min jog recovery.	75 minute easy run remaining covnersational throughout	<input type="checkbox"/>	☺ ☹ ☹
3	30-40 minute recovery run or easy XT + conditioning	Threshold session. 45 minutes including 6 x 5 mins @ threshold with 90 sec jog recovery	45 minute easy run or cross training	Am: 30-40 minute easy run Pm: 45 minute progression run with 15 easy, 15 steady and 15 @ threshold	Rest	3 x 10 minutes of continuous/Kenyan hills with a 3 min jog recovery.	80-90 minute easy run remaining covnersational throughout	<input type="checkbox"/>	☺ ☹ ☹
4	30-40 minute recovery run or easy XT + conditioning	Threshold session. 45 minutes including 6 x 5 mins @ threshold with 60 secs jog recovery	45 minute easy run or cross training	Am: 30-40 minute easy run Pm: 45 minute progression run with 15 easy, 15 steady and 15 @ threshold	Rest	3 x 10 minutes of continuous/Kenyan hills with a 90s jog recovery.	90 minutes easy	<input type="checkbox"/>	☺ ☹ ☹

5	30 minute recovery run or easy XT + conditioning	Threshold session. 45 minutes including 4 x 5 mins @ threshold with 90 secs jog recovery	30-40 minutes – fully conversational	30 minute progression run with 10 easy, 10 steady and 10 @ threshold	Rest	40 minute hilly run. Easy but faster up hills OR easy 30 min run and strides if racing tomorrow.	60-75 minutes easy or 10k race.	<input type="checkbox"/>	☺ ☹ ☹
6	30-40 minute recovery run or easy XT + conditioning	45 minutes easy	45-60 minute easy run	Am: 30-40 minute easy run Pm: 8 minutes @ threshold + 5 x (2 minutes fast / 60 sec easy) + 8 minutes @ threshold with 2 mins easy between sets	Rest	Fartlek run – 45 minutes to include 5,4,3,2,1 (90s). Start with 5 mins @ threshold and get faster each block after with 90s jogging between each block	1 hour 40 minutes easy pace	<input type="checkbox"/>	☺ ☹ ☹
7	30 minute recovery run or easy XT + conditioning	Threshold session. 3 x 10 minutes with a 90-120s jog recovery	45-60 minute easy run	Am: 30-40 minute easy run Pm: 10 minutes @ threshold + 5 x (2 minutes fast / 60 sec easy) + 10 minutes @ threshold with 2 mins easy between sets	Rest	Fartlek run – 45 minutes to include 3 x 3,2,1 (60s) – 3 mins @ 10km pace, 2 mins @ 5km pace, 1 min hard all from 60s jogged recovery and 2 mins easy between sets	1 hour 40-50 minutes easy pace	<input type="checkbox"/>	☺ ☹ ☹
8	30-40 minute recovery run or easy XT + conditioning	Out and back 40 – run out for 20 minutes steady effort, turn and get back 2-3 minutes faster	45-60 minute easy run	Am: 30-40 minute easy run Pm: 8 x 800m or 3 mins with odd numbers @ threshold effort and even numbers @ 5km effort with 75-90 sec recovery	Rest	45 minute easy run	90 minutes to with the final 60 mins run as 3 mins steady / 3 mins 10 mile pace throughout	<input type="checkbox"/>	☺ ☹ ☹
9	30-40 minute recovery run or easy XT + conditioning	Out and back 40 – run out for 20 minutes steady effort, turn and get back 2-3 minutes faster	45-60 minute easy run	Am: 30-40 minute easy run Pm: 6 minutes @	Rest	45 minute easy run	90-115 minutes to include 3 x 3km @	<input type="checkbox"/>	☺ ☹ ☹

				threshold + 5 x 800m @ 5km pace with 75 sec recovery between reps and 2 mins between sets			threshold 60 minutes (3-5 mins easy between blocks)		
10	30-40 minute recovery run or easy XT + conditioning	45 minutes with last 25 @ threshold	45-60 minute easy run	Am: 30-40 minute easy run Pm: 6 minutes @ threshold + 2 x (5 x 400m @ 3-5km pace) taking 45 sec rest between 400s and 2 minutes between sets	Rest	45 minute easy run	20km run as 5km easy / 5km 10 mile race pace / 5km easy / 5km 10 mile race pace	<input type="checkbox"/>	☺ ☹ ☹
11	30-40 minute recovery run or easy XT + conditioning	Am: 30-40 minute easy run Pm: 4-5 x 400m @ 5km pace (45 sec recovery) + 10 mins @ threshold + 4-5 x 400m @ 5km pace (45 sec recovery). Take 2 mins rest between sets.	45 minutes all easy	Progression run of 15/15/15	Rest	5k Park run or session with 5 x 4 mins @ 10k pace. 90 sec rec	75 mins relaxed	<input type="checkbox"/>	☺ ☹ ☹
12	30 minute recovery run or easy XT + conditioning	30-45 minutes including 3 x 5 mins @ 10 mile pace with 3-5 min jog rec	30 minute recovery run	30 minutes easy + strides after	Rest	20-30 mins easy	10 MILE RACE Good Luck!!	<input type="checkbox"/>	☺ ☹ ☹

- Note please do a 15 minute warm up and cool down before Threshold, Continuous Hills or Interval sessions**
- If your are feeling good you may wish to consider a 20-30 minute recovery run in the morning before any of the quality sessions above**
- Always substitute cross training for running if you are injured, very sore or it is not safe to run.**
- Please add Core conditioning, Pilates or Yoga class once or twice a week if you have time.**
- Try to stretch every day for at least 10 mins.**
- Always eat within 20-30 minutes of finishing a run**
- Always train at your target pace, don't compromise or run too hard. Tiredness always catches up so take extra rest if required.....**