

Training for the Boulder Bay Classic 1

This training programme can be used whether you run 3, 4, or more times a week. There are 2 key sessions per week as outlined below with your other runs being easy running. The tempo run and the long run will be more taxing than your easy running because of their intensity or length so keep your efforts for them rather than the in-between runs.

Rules

1. The sessions can be done on any day of the week.
2. Have at least 2 days between these key sessions.
3. Your other runs are easy runs.

Tempo Runs

A tempo run is when you run portions of your run faster than your easy running pace. It's not as fast as your 5k race pace but will have you puffing. A good tempo pace is when you can't talk normally, feel you are working reasonably hard but know you can go faster if you needed to. A tempo effort will increase your heart rate and your breathing. Often the biggest mistake is starting your tempo effort too fast, so be aware of this; its better to have an even tempo effort even rather than starting fast and slowing up towards the end. If after the first effort it felt a bit easy then up the pace a little for the next one. By the end of the first session you will have a good feel for how fast you should run at 'tempo'.

Start your run with a 5-10 minute jog and then move into your tempo routine. 3 x 4 mins (3 min recovery) means run at tempo pace for 4 minutes, jog for 3 minutes before repeating. In total you will do 3 tempo efforts before finishing with a 5-10 minute easy cooldown. Tempo runs are best done on a flattish course.

Long Runs

Long runs increase your stamina and strength and are a core part of any training programme. The aim of these is time on your feet and speed is NOT important. You will not run as far on hilly runs as on the flat so using time as a training guide is more effective than using distance. Whatever your base long run is in terms of time, add either the percentage or minutes (whichever is the lower) as per the programme for that week.

Try to incorporate different terrain in your long runs. The ups and downs of the Port Hills are perfect and if possible it is better to have a number of shorter climbs rather than one long one. Running the course at Godley Head, or sections of it, is really valuable. Try an out and back to get familiar with track if you are not confident doing a complete loop. Bottle Lake, Hagley Park and any other off road area is ideal for your longer runs.

My normal (base) long run is: _____ minutes

Week	Session 1 – Tempo Run	Session 2 – Long Run
1	3 x 3 mins (3 min recovery)	Base + 10% or 5 mins
2	3 x 4 mins (3 min recovery)	Base + 15% or 10 mins
3	2 x 7 mins (4 min recovery)	Base + 20% or 15 mins
4	2 x 10 min (4 min recovery)	Base + 10% or 5 mins
5	4 x 5 mins (3 min recovery)	Base + 20% or 15 mins