



**RaceTeam 3 Week Bridge to Epic 2020**

**Beginner Programme: Evening**

Week	Mon (own run)	Tues (Group Session)	Wed	Thurs (Group Session)	Fri	Sat (Group Session)	Sun
1	45mins easy	Track Session 1 (see below)	Rest/Stretch	Pace Session: 50min 15mins easy running then 15min at <b>SFTRP pace*</b> then 20mins at race pace	Rest/Stretch	10km	Rest/Stretch
2	45mins easy	Track Session 1 (see below)	Rest/Stretch	Pace Session: 50min 15mins easy running then 15min at <b>SFTRP pace*</b> then 20mins at race pace	Rest/Stretch	12km	Rest/Stretch
3	45mins easy	Track Session 2 (see below)	Rest/Stretch	Pace Session: 50min 15mins easy running then 15min at <b>SFTRP pace*</b> then 20mins at race pace	Rest/Stretch	10km	Rest/Stretch

\* SFTRP = Slightly faster than Race Pace

**Track Sessions**

*Our coach will call out your sets. You don't need to remember them but be aware of what your session involves.*

**Session 1**

Strength Warm Up\*\*

10min - at Race Pace

90sec Recovery

4min - **SFTRP pace\***

2mins Recovery

**Repeat 2 x Sets**

**Session 2**

Strength Warm Up\*\*

4min - at Race Pace

2min - at **SFTRP Pace**

1min - at 10km Pace

30sec - all out

2min Recovery

**Repeat x 4 sets**

**\*\*Strength Warm Up (1min of each movement - Coach lead).**

Jog back and forward

Squats

Jog back and forward

Lunges - alternative sides

Jog with surge

Crab walk in squat

Jog with surge

Press Up

Jog with surge

Front Hover



**RaceTeam 3 Week Bridge to Epic 2020**

**Intermediate Programme: Evening**

Week	Mon (own run)	Tues (Group Session)	Wed	Thurs (Group Session)	Fri	Sat (Group Session)	Sun (own run)
1	45mins easy	Track Session 1 (see below)	Rest/Stretch	Pace Session: 50min 15mins easy running then 15mins at 10km pace then 20mins at race pace	Rest/Stretch	12km	Optional - Easy 30mins
2	45mins easy	Track Session 1 (see below)	Rest/Stretch	Pace Session: 50min 15mins easy running then 15mins at 10km pace then 20mins at race pace	Rest/Stretch	14km	Optional - Easy 30mins
3	45mins easy	Track Session 2 (see below)	Rest/Stretch	Pace Session: 50min 15mins easy running then 15mins at 10km pace then 20mins at race pace	Rest/Stretch	12km	Rest/Stretch

**Track Sessions** Our coach will call out your sets. You don't need to remember them but be aware of what your session involves.

Session 1	Session 2
Strength Warm Up*	Strength Warm Up*
10min - at 10km Pace	4min - at Race Pace
90sec Recovery	2min - at 10km Pace
4min - 5km pace	1min - at 5km Pace
2mins Recovery	30sec - all out
	2min Recovery
<b>Repeat 2 x Sets</b>	<b>Repeat x 4 sets</b>

**\*Strength Warm Up (1min of each movement - Coach lead).**

- Jog back and forward
- Squats
- Jog back and forward
- Lunges - alternative sides
- Jog with surge
- Crab walk in squat
- Jog with surge
- Press Up
- Jog with surge
- Front Hover



**RaceTeam 3 Week Bridge to Epic 2020**

**Advanced Programme: Evening**

Week	Mon	Tues (Group Session)	Wed (own run)	Thurs (Group Session)	Fri (own run)	Sat (Group Session)	Sun (own run)
1	Rest/Stretch	Track Session 1 (see below)	8km	Pace Session: 50min 15mins easy running then 15mins at 10km pace then 20mins at race pace	40mins easy	16km	40mins easy
2	Rest/Stretch	Track Session 1 (see below)	8km	Pace Session: 50min 15mins easy running then 15mins at 10km pace then 20mins at race pace	40mins easy	18km	50mins easy
3	Rest/Stretch	Track Session 2 (see below)	6k	Pace Session: 50min 15mins easy running then 15mins at 10km pace then 20mins at race pace	Rest/Stretch	14km	60mins easy

**Track Sessions**

*Our coach will call out your sets. You don't need to remember them but be aware of what your session involves.*

**Session 1**

**Session 2**

Strength Warm Up\*

Strength Warm Up\*

10min - at 10km Pace

4min - at Race Pace

90sec Recovery

2min - at 10km Pace

4min - 5km pace

1min - at 5km Pace

2mins Recovery

30sec - all out

2min Recovery

**Repeat 2 x Sets**

**Repeat x 4 sets**

**\*Strength Warm Up (1min of each movement - Coach lead).**

Jog back and forward

Squats

Jog back and forward

Lunges - alternative sides

Jog with surge

Crab walk in squat

Jog with surge

Press Up

Jog with surge

Front Hover