



**RaceTeam 3 Week Bridge to Epic 2020**

**Beginner Programme: Morning**

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

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

**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



**RaceTeam 3 Week Bridge to Epic 2020**

**Advanced Programme: Morning**

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

Strength Warm Up\*

10min - at 10km Pace

90sec Recovery

4min - 5km pace

2mins Recovery

**Repeat 2 x Sets**

**Session 2**

Strength Warm Up\*

4min - at Race Pace

2min - at 10km Pace

1min - at 5km 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