

raceteam
EPIC

Training Period	June - August 2024
Aims	Extra Mile Runners Epic Half Marathon: Saturday 31 August 2024

Intermediate Programme

Week	Mon (group session)	Tues	Wed (group session)	Thurs (own run)	Fri	Sat (group session)	Sun
1	Track 1/HIIT	Rest/Stretch	Hill repeats 30mins	8km (easy)	Rest/Stretch	10km Race	Rest/Stretch
2	Track 1/HIIT	Rest/Stretch	Hill repeats 35 mins	8km (easy)	Rest/Stretch	90min Rapaki run	Rest/Stretch
3	 Mystery Track Session	Rest/Stretch	Hill repeats 40mins	10km (easy)	Rest/Stretch	45min run then 5km race	Rest/Stretch
4	Track 2/HIIT	Rest/Stretch	5km Hill Time Trial race	10km (easy)	Rest/Stretch	100min rolling hills	Rest/Stretch
5	Track 2/HIIT	Rest/Stretch	Hill repeats 45mins After 1st hill repeat, do 100m surge within each lap (surge section will be marked out by cones)	10km (easy)	Rest/Stretch	10km hill race	Rest/Stretch
6	 Mystery Track Session	Rest/Stretch	Hill repeats 50 mins After 1st hill repeat, do 100m surge within each lap (surge section will be marked out by cones)	4km (easy)	Rest/Stretch	120mins in hills (7am start)	Rest/Stretch
7	Track 3/HIIT	Rest/Stretch	Hill repeats 50mins After 1st hill repeat, do 100m surge within each lap (surge section will be marked out by cones)	10km (easy)	Rest/Stretch	135mins in hills (7am start)	Rest/Stretch
8	Track 3/HIIT	Rest/Stretch	5km Hill Time Trial race	10km (easy)	Rest/Stretch	90min in hills At half way increase speed to 10km pace effort for 30mins	Rest/Stretch
9	Track 3/HIIT	Rest/Stretch	Hill repeats 50mins After 1st hill repeat, do 100m surge within each lap (surge section will be marked out by cones)	7km (easy)	Rest/Stretch	60mins with Soleares Ave	Rest/Stretch
10	40min Easy flat running	Rest/Stretch	30min easy flat running Include 6 x 30sec surges on return	4km (easy)	Rest/Stretch	Race Day (Saturday 31 August)	Sleep in 😴

Track/HIIT Sessions Our Coach will lead you through the session, you don't need to remember the sets but have knowledge of what the session involves.

Track 1/HIIT		Track 2/HIIT		Track 3/HIIT	
Strength/HIIT Warm up		Strength/HIIT Warm up		Strength/HIIT Warm up	
Easy jog	1min	Easy jog	1min	Easy jog	1min
<i>Then</i>		<i>Then</i>		<i>Then</i>	
Squat Hold	40sec Max effort	20sec Recovery	Pulse Squats or Jump Squat	40sec Max effort	20sec Recovery
Press Ups	40sec Max effort	20sec Recovery	Press Ups	40sec Max effort	20sec Recovery
Burpee	40sec Max effort	20sec Recovery	Burpee	40sec Max effort	20sec Recovery
Repeat above x3		Repeat above x3		Repeat above x3	
Main Set:		Main Set:		Main Set:	
Burpee	1min	Burpee	30secs	5 Burpees then 1 Whole Lap - then each subsequent set improve your distance - go further than the previous set.	5min
First set at 5km pace - then each subsequent set improve your distance - go further than the previous set.	6min	First set at 5km Pace - then each subsequent set improve your distance - go further than the previous set.	6min	Recovery (return to start corner)	90sec
Recovery (return to start corner)	2min	Burpee	30secs	Repeat x4	
Repeat above x4		Recovery (return to start corner)		90secs	
		Repeat x3		<i>Then</i>	
		<i>Then</i>			
		Burpee		30secs	5 Burpees then 1 Half a Lap - 5 Burpees then 1 Whole Lap - then each subsequent set improve your distance - go further than the previous set.
		First set at 5km Pace - then each subsequent set improve your distance - go further than the previous set..		4min	Recovery (return to start corner)
		Sprint		30secs	Repeat x2
		Recovery (return to start corner)		90secs	
		Repeat x2			

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Advanced Programme

Week	Mon (group session)	Tues	Wed (group session)	Thurs (own run)	Fri	Sat (group session)	Sun (own run)
1	Track 1/HIIT	Rest/Stretch	Hill repeats 30mins	8km easy	Rest/Stretch	10km Race	75mins easy
2	Track 1/HIIT	Rest/Stretch	Hill repeats 35 mins	8km easy	Rest/Stretch	90min Rapaki run	80mins easy
3	Mystery Track Session	Rest/Stretch	Hill repeats 40mins	10km easy	Rest/Stretch	45min run then 5km race	45mins easy
4	Track 2/HIIT	Rest/Stretch	5km Hill Time Trial race	10km easy	Rest/Stretch	100min rolling hills	60mins easy
5	Track 2/HIIT	Rest/Stretch	Hill repeats 45mins After 1st hill repeat, do 100m surge within each lap (surge section will be marked out by cones)	10km easy	Rest/Stretch	10km hill race	60mins easy
6	Mystery Track Session	Rest/Stretch	Hill repeats 50 mins After 1st hill repeat, do 100m surge within each lap (surge section will be marked out by cones)	4km easy	Rest/Stretch	120mins in hills (7am start)	30mins easy
7	Track 3/HIIT	Rest/Stretch	Hill repeats 50mins After 1st hill repeat, do 100m surge within each lap (surge section will be marked out by cones)	10km easy	Rest/Stretch	135mins in hills (7am start)	Rest/Stretch
8	Track 3/HIIT	Rest/Stretch	5km Hill Time Trial race	10km easy	Rest/Stretch	90min in hills At half way increase speed to 10km pace effort for 30mins	80mins easy
9	Track 3/HIIT	Rest/Stretch	Hill repeats 50mins After 1st hill repeat, do 100m surge within each lap (surge section will be marked out by cones)	7km easy	Rest/Stretch	60mins with Soleares Ave	Easy
10	40min Easy flat running	Rest/Stretch	30min easy flat running Include 6 x 30sec surges on return	4km easy	Rest/Stretch	Race Day (Saturday 31 August)	Sleep in 😊

Track/HIIT Sessions Our Coach will lead you through the session, you do not need to remember the sets but have knowledge of what the session involves.

Track 1/HIIT	Track 2/HIIT	Track 3/HIIT
Strength/HIIT Warm up	Strength/HIIT Warm up	Strength/HIIT Warm up
Easy jog 1min	Easy jog 1min	Easy jog 1min
<i>Then</i>	<i>Then</i>	<i>Then</i>
Squat Hold 40sec Max effort 20sec Recovery	Pulse Squats or Jump Squat 40sec Max effort 20sec Recovery	Pulse Squats or Jump Squat 40sec Max effort 20sec Recovery
Press Ups 40sec Max effort 20sec Recovery	Press Ups 40sec Max effort 20sec Recovery	Plank/Pulse Press Ups 40sec Max effort 20sec Recovery
Burpee 40sec Max effort 20sec Recovery	Burpee 40sec Max effort 20sec Recovery	Burpee 40sec Max effort 20sec Recovery
Repeat above x3	Repeat above x3	Repeat above x3
Main Set:	Main Set:	Main Set:
Burpee 1min	Burpee 30secs	5 Burpees then 1 Whole Lap - then each subsequent set improve your distance - go further than the previous set. 5min
First set at 5km pace - then each subsequent set improve your distance - go further than the previous set. 6min	First set at 5km Pace - then each subsequent set improve your distance - go further than the previous set. 6min	Recovery (return to start corner) 90sec
Recovery (return to start corner) 2min	Burpee 30secs	Repeat x4
Repeat above x4	Recovery (return to start corner) 90secs	<i>Then</i>
	Repeat x3	
	<i>Then</i>	
	Burpee 30secs	5 Burpees then 1 Half a Lap - 5 Burpees then 1 Whole Lap - then each subsequent set improve your distance - go further than the previous set. 5min
	First set at 5km Pace - then each subsequent set improve your distance - go further than the previous set.. 4min	Recovery (return to start corner) 1min
	Sprint 30secs	Repeat x2
	Recovery (return to start corner) 90secs	
	Repeat x2	