



**LONDON
HEATHSIDE**

TRAINING SCHEDULE 2010

Training for the adult Crouch End 10k will take place for 7 weeks from Tues 30th March. These structured sessions are led by England Athletics qualified leaders from local London Heathside Athletics Running Club. Sessions are designed to suit people with a range of fitness levels from beginners to intermediates.

Meeting place: Hornsey YMCA Harringay Club Foyer (opposite Hornsey mainland station on Tottenham Lane) Time: 7.20pm for 7.30pm prompt start.

Please note: If you have a particular condition that may affect your training you should first consult your GP before undertaking strenuous activities of this kind

Week	1	2	3	4	5	6	7	8
Session	Continuous run with variations ¹	Continuous run with variations ²	Speed Session	Continuous run with variations ³	Hill Session	Long continuous run	Mixed Medley Session	RACE DAY

TRAINING SCHEDULE FOR BEGINNERS/INTERMEDIATES

The following schedules are guidelines for training towards completion of the annual Crouch End 10k race in Priory Park/ Alexandra Park Sunday

CROUCH END 10k			
	Beginner	Intermediate	Your Notes/Diary
7 weeks to go			
Monday			
Tuesday		Running Group or 20 mins continuous run	Running Group or 30min continuous run
Wednesday			
Thursday /Friday		10 minutes fast run or fast cardio/spinning class	20 mins fast run or fast cardio/spinning class
Sat/Sun		20 mins easy run	30 mins easy run
6 weeks to go			
Monday			
Tuesday		Running Group or 20 mins continuous run	Running Group or 30 minutes continuous run
Wednesday			
Thursday /Friday		10 minutes fast run or fast cardio/spinning class	20 minutes fast run or fast cardio/spinning class
Sat/Sun		20 mins easy run	30 mins easy run

CROUCH END 10k continued.....				
		Beginner	Intermediate	Your Notes/Diary
5 weeks to go				
Tuesday		Speed interval session with running Group or Fast Cardio class with weights	Speed interval session with running Group or Fast Cardio class with weights	
Wednesday				
Thursday /Friday		20 mins easy run	40 mins easy run	
Sat/Sun		30 mins continuous run	40 minutes continuous run	
4 weeks to go				
Monday				
Tuesday		Running Group or 30 minutes continuous run	Running Group or 40 minutes continuous run	
Wednesday				
Thursday		fast run or fast cardio class or fast cycle	fast run or fast cardio class or fast cycle	
Friday				
Sat/Sun		30-40 mins easy run	40-50 mins easy run	
3 weeks to go				
Monday				
Tuesday		Hill Session with Running Group or fast cycling /spinning/cardio class	Hill Session with Running Group or fast cycling /spinning/cardio class	
Wednesday				
Thursday		30 minutes easy run	40 minutes easy run	
Friday		Easy activity -swimming/ cycling/low Impact	Easy activity –swimming /cycling/low Impact	
Sat/Sun		40 minutes easy run	50 minutes easy run	
2 Weeks to go				
Monday				
Tuesday		Long continuous run with Running Group or 50 mins	Long continuous run with Running Group or 60 mins	
Wednesday				
Thursday		Short fast/hill/interval session/cardio class	Short fast/hill/interval session/cardio class	
Friday		Easy activity -swimming/ cycling/low Impact	Easy activity –swimming /cycling/low Impact	
Sat/Sun		40 mins easy run	50 mins easy run	
1 week to go				
Monday				
Tuesday		Mixed Medley Session with Running Group or Cycling/swimming	Nixed Medley Session with Running Group or Cycling/swimming	
Wednesday				
Thursday		30 mins fast run	40 minutes fast run	
Friday		Low impact class/ Cycling/swimming	Low impact class/ Cycling/swimming	
Sat		REST	REST	
Sunday		*RACE DAY*	*RACE DAY*	

Other weekly mixed sessions

For intermediate to advanced men and women – London Heathside Running Club

London Heathside Running Club is a friendly club welcoming men and women of mixed abilities. The club provides a choice of training venues in North London. Each location has a different focus, offering a range of training options. Maps for all venues, and training route maps can be found at www.londonheathside.org.uk. **Sessions suit runners who can run for at least 45 minutes**

<p>Tuesdays 7.30pm</p>	<p>Hornsey YMCA Harringay Club, 50 Tottenham Lane, Crouch End, N8</p> <p>Free showers and changing facilities (bring or buy a padlock for a locker)</p>	<p>Road-running all abilities</p> <p>Summer runs in Highgate Woods, and around the grounds of Alexandra Palace. Winter runs follow quiet routes in Crouch End, Hornsey, Highgate, Hampstead and East Finchley.</p>
<p>Tuesdays 6.30pm</p>	<p>Finsbury Park Athletics Track, N4</p> <p>Free showers and changing facilities. Free use of the gym (during club session only)</p>	<p>Track and Field, Fast Road Running</p> <p>The sessions attract track & field athletes of all abilities, with conditioning work in the winter. Structured coaching sessions for track running include weekly sprints, middle and long distance groups, with jumps and field events coaching during the summer. Summer sessions attract faster road-runners (45 minutes for 10k)</p>
<p>Wednesdays 7pm</p>	<p>Royal Free Recreation Club, Fleet Rd, Hampstead, NW3</p> <p>Free showers and changing facilities – just show your membership card</p>	<p>Road running – abilities 45 mins</p> <p>On summer evenings we enjoy a scenic run around the Heath. During winter months we run on roads around the Heath, Regent's Park or Primrose Hill with a choice of a steady run or an intervals session.</p>
<p>Thursdays 7.00pm</p>	<p>Finsbury Park Athletics Track, N4</p> <p>Free showers and changing facilities</p> <p>Free use of the gym (during club session only)</p>	<p>Track and Field Athletics</p> <p>The sessions attract track & field athletes of all abilities, with conditioning work in the winter. Structured coaching sessions for track running include weekly sprints, middle and long distance groups, with jumps and field events coaching during the summer</p>

Get more information from Alison on 07720 849 650 or Barbara on 07784 412 4316 or email: clubdevelopment@londonheathside.org.uk or www.londonheathside.org.uk.

For beginners – intermediate women

Crouch End Women's Running Network also meet on Mondays & Wednesdays @ 6.45pm & Sundays @ 9am from the YMCA Fitness Centre. Contact Mary runmaryrunrun@hotmail.com 07941 483 572

Before you begin training please note the following golden rules:

1. Never overdo your training - If you are tired, ease off. If you feel fresh, then increase the volume every other week so that one week is hard/long distance, one-week easy/short.
2. Never run if you suspect you have a temperature.
3. Run whenever possible on soft surfaces, not on the road.
4. If running at night, wear white or reflective clothing.
5. Use good gear - especially on your feet. Select your footwear according to what your particular requirements are. If you want advice on this, take your old pair of shoes to a specialist running shop (e.g. *Runners Need* on Parkway, Camden Town, *Bike & Run* or *Sweatshop* in Finchley) and ask the staff to help.
6. Always warm up and warm down. To warm up, first jog for 5 minutes to warm up the muscles. Then take the next five to eight minutes of each run slowly and gradually increase your pace. Use the last five to eight minutes to ease off again, then warm-down with some static stretches.