



Battle of the Brampton Valley Way

15 Week 'Train'ing Plan



w/c		M	T	W	Th	F	Sa	Su	Notes (all distances are in miles)
4 th Jan	Prep	Rest/Strength/Yoga/ Cross training	3-5S	Optional run day	3-5S	Rest/Strength/Yoga/ Cross training	5-7L	3-5S	12 Days of Christmas - final week
11 th Jan	Prep		3-5S		3-5S		5-7L	3-5S	
18 th Jan	Build		3S with 20min of H		3S		10L	5S	
25 th Jan	Build		4S with 25min of H		3S		12L	5S	
1 st Feb	Build		5S with 30min of H		4S		15L	4S	1645?
8 th Feb	Cutback		4S with 25min of H		4S		12L	4S	1645?
15 th Feb	Build		4S		5T		16L	4S	1645?
22 nd Feb	Build		6S		6T		18L	4S	1645?
1 st Mar	Build		7S		7T		20L	5S	
8 th Mar	Cutback		4S		6T		14L	7S	Time trial this week to adjust your paces?
15 th March	Build		6S with 10xST		7S		18L	5S	
22 nd March	Build		8S with 12xST		7S		20L	5S	
29 th March	Taper		6ST with 6xST		5S		13L	5S	
5 th April	Taper		5S with 6xST		5S		10L	5S	
12 th April	Race		3S		3S		3s with 4xST	Race day	*BBVW* 18/4/21

Who is this suitable for?

If you currently run 3 or 4 times a week and are capable of running 10 miles, then you're good to go. (NB: You might not have done a 10 miler recently but you've done at least 10k and know that you've got it in the tank!)

You are able to commit to 4 runs a week including two that are back-to-back. They are shown as Saturday/Sunday in the plan but can be any days.

If you're doing the '12 Days of Christmas Virtual Challenge' then you'll be well prepared but make sure that most of the runs are at an easy pace. See below for details about how to judge intensity. Consecutive days of running at too high an intensity will cause most people injuries. They might not show themselves until several weeks into the plan but you can guarantee that they'll happen. I recommend that you do the 10k or mile run on the Monday and the 11k or mile run on the Tuesday and then take 2 or 3 rest days to recover. You can then pick up this plan starting on the Saturday.

Training structure

The plan above is based on the principle of BUILDing up load on the body (through volume and intensity of training) and then cutting back every 4th week to allow the body to recover and absorb the training. The rest days and CUTBACK weeks are essential to getting stronger. There will always be exceptions but for beginner and intermediate runners, a minimum of 1 or 2 rest days per week is essential. The TAPER period is designed to cut back the load significantly as you approach the race day. This is to make sure that you are fresh for the race but without losing fitness. The PREP phase is designed to get ready you for the structure of the plan. This includes arranging what time you will run, when you will eat etc.

Training paces

Before you start the plan, you'll need to work out what your training paces should be. This plan involves lots of running at an easy/steady pace. Most people generally run their easy sessions too fast. This means that when they do need to run faster e.g. hill repeats, they aren't able to run fast enough to get the real benefits because they are fatigued. There are a number of well-established ways of measuring how hard you run. This includes pace, heart rate, RPE, power etc. For this plan, we will stick to pace. You will need the ability to measure and look at the pace that you are running at using either a running watch or your phone.

[Jack Daniels' VDOT Running Calculator | Run SMART Project](#)

This link will take you to the Jack Daniels pace calculator. You will need an accurate race time for any distance that you have completed recently. As there have been a distinct lack of races recently, you can either go out and run one yourself (at least 5k) or make a best guess eg if you have done a number of parkruns, you will know based on your present level of fitness, roughly what time you would expect. Then enter the distance, time and your preference for miles or km and you'll see a screen like the one below. For this I entered a 5k time of 25 mins 30s.

Something to bear in mind is that the course that you use for the time trial should be similar to the places that you train e.g. the MH parkrun course is significantly quicker to run around than roads around towns and the villages etc.

The sessions

S Steady Runs - eg on the plan 5S. This means 5 miles at steady pace. For steady runs, use the E pace from Jack Daniels. In the example above, that is anywhere from 10:15-11:15 min/miles. Most runs that you do should be at an easy/steady pace. This may be significantly slower than the majority of runs than you do currently. The advantage of running at this pace is that your body will allow you to absorb a huge volume of mileage with relatively little risk of injury.

There are some things to bear in mind though. Running up hills, on muddy trails, into the wind, when the air is cold etc all affect pace. Running on muddy trails could easily trails can slow you down by at least 1 min/mile and running up hills even more. Take this into account and slow down even if this means that your pace is slower than the 10:15-11:15 range. If you can't hold a conversation when you are running easy, then slow down. If in doubt, slow down. You really can't run too slowly but you definitely can run too quickly. As a general guide, if you feeling strong then run toward the top end of the range but if you're feeling a bit tired then stick to the slower end. If you're feeling really fatigued/run down etc then take a day off and eat well and catch up on sleep. You won't get any benefit from training when you're fatigued and you are more likely to make yourself ill.

If you decide that you don't want to run as slowly as this, then it is probably not a good idea to follow this plan. You will probably pick up an injury at some point or get over fatigued.

It is well worth doing an extra time trial at some point half way through the plan and adjusting your training paces. Hopefully you will have got a bit faster. Use the same course every time you test your paces.

5K 5 km

input time or pace below, or both to calculate distance

Time 00 25 30

Pace 8 12.4592 / mi

+ Advanced Features
Temp and altitude effects

Calculate

Reset

	Race Paces	Training	Equivalent				
Type	1 Mile	1200M	1 Km	800M	600M	400M	200M
Easy	10:15 - 11:15		06:22 - 07:00	05:06 - 05:36	--	--	--
Marathon	09:15		05:45		--	--	--
Threshold	08:36	06:25	05:21	04:17	03:13	02:08	01:04

L Long Runs - Stick to the slow end of the E pace range. Something to bear in mind is that long runs don't need to be more than 3 hours. If you think that the 18 and 20 mile runs will be longer than this for you, then use 3 hours rather than distance for these sessions. The fitness gains come from running consistently and accumulating lots of miles over the 15-week period so, a few miles less on those sessions makes no difference.

T Tempo Runs - This is a continuous run that starts with the first and last 5 minutes at E pace and then has a quicker section in the middle at M pace. For example, the session says 6T. Start with 5 mins running at E pace (this might be ½ mile of running), then 5 miles at M pace (it's quite quick!) and then 5 mins cool down at E pace. This makes the total of 6 miles (½+5+½).

H Hill Runs - Hill runs are an excellent way of developing leg strength and improving your running form. Different lengths of intervals give you different benefits but for this plan, stick to intervals that take 2-4 minutes.

For example, if the session is 3H with 20 mins of H. Do 5 mins at E pace as a warm up and get yourself over to the bottom of a hill that takes 2-4 mins to run up. Run up the hill hard and recover coming down, accumulating 20 mins of running on the hills. Then head home at E pace. In terms of how hard to run up hill, you want to run as fast as you can so that each interval feels the same intensity. This will take a few sessions to get right but just try to avoid doing the first few intervals too hard and then fading towards the end. Ignore the actual pace you are running at and go on feel.

ST Strides - Strides are short bursts of faster running designed to improve your running form. Strides can be of different lengths but for this plan, stick to 10s bursts with 60-90s jogging to recover. The pace should be quick but not an all-out sprint. The actual pace however isn't so important. It is important to feel fast. This means move your feet faster than normal by driving your arms, try to pick your knees up a little more, feel your feet recovering behind you closer to your bum and land on the middle of your foot rather than the toes or heel.

For example, the session is 6S with 10xST. Most of the session will be steady like an S session but in the middle do 10 strides.

The Naseby 1645 virtual race

This can be completed any time in February. You can therefore replace any long run from the plan with this and then add a bit on if necessary. Usually race pace would be quite a bit quicker than your L (long run pace) so you need to decide if you are going to race it or just complete the distance. I would recommend sticking to L pace but if you really want to go harder then you will need to make adjustments so that you don't risk injuries a few weeks later. You could for example miss out the run the day after the long run (for a bit more rest) or make sure that the S (steady) runs the week after are all at the slower end of the range. It's your decision and you need to decide what your goal is. If it's completing the BBVW then stick to using it as a slow training run.

Rest and optional days

On the plan, the Monday, Wednesday and Friday sessions give you some flexibility. What you do will depend on how much time you have, your current fitness levels etc. Whatever you decide, I would recommend 1 or 2 days a week of not running. On the Monday and Friday, you can do an activity that is very low impact. Yoga, pilates, stretching or gentle weight training are all suitable. A very gentle spin on the bike would also be fine. If you play tennis or squash etc and want to keep that up, it will be more difficult to do that without working hard. If that's the case then take the other two days off completely. Fitness gains only come if you rest and let the body get stronger. If you are an experienced runner and used to running 5 times a week and you know that the body will allow it, then use the Wednesday as an optional extra run of somewhere between 4-6 miles at S pace.

Hydration and nutrition

As a very general rule, your body will start to take calories from places that you don't want it to, after somewhere between 60-90 minutes depending on the individual. As a result, take snacks, gels, sweets etc with you on your long run and try to eat something (and drink) every 20 min after the initial hour. I know lots of people say that they never take anything and that might be true but evidence is well documented and your performance will improve over time as a result. Take along and try different nutrition/hydration options when you do any run over 90 minutes. This will give you the opportunity to see what works for you.

Sorry if there's a lot of reading. I've tried to keep it as simple to follow as possible and help you to understand why to do certain things. If you have any questions about any aspects of the plan, then get in touch at info@raceharborough.co.uk