



ROYAL AIR FORCE TRIATHLON ASSOCIATION

Web/Training/Sessions

18/11/06

Autumn Running Sessions: Oct – Dec

Some good advice applicable to training during Oct – Dec for a diary focused around a standard triathlon season.

The following sessions contain a good balance of long, fast, hilly and easy pace. They are intended to be completed in a cycle, which can be either 8, 10 or 14 days, according to how often you are able to run – adapt the frequency to suit your own diary.

1. Long steady run: 60-70 mins, off road if possible.
2. Hill session: perhaps 8 x 90secs, or 16 x 30secs, with jog back recovery.
3. Easy: 30min run.
4. Long reps: for example 16 x 1min or 6 x 2min efforts on a flat or undulating grassy circuit, with 90sec or 3min rests respectively.
5. Easy: 50min run at the same intensity as session 1.
6. Fartlek session (intervals/ variable speed): More intense than steady paced, with perhaps 10 efforts in a 45 min run. Example sessions could be:
 - a. 1 min hard, 2 min easy – repeat for 10 efforts, or
 - b. on a course with visible markers (lampposts, trees, road signs etc) to increase effort between 2, then easy for 3 or 4, and repeat to achieve a similar effect to the time intervals above.Both of the above structures should be fit in after a warm-up period of 10-15 mins.
7. Easy: 30min run.
8. Fast: 4-miles hard, sustained running or race – for instance, take advantage of the cross-country fixtures.