

Torbay A. C.

Training session for October 2018 From the Riviera Centre

Training schedule for level 5 on Tuesdays. Group sessions on Thursdays for all levels with the aim of encouraging team spirit and generating social activities.

Warm up & Warm down

At the start of training, warm up with mobility exercises - hold for no more than 15 seconds, and at the end of training stretching will help with your recovery - hold for more than 30 seconds. (See coaches for examples)

Tuesday 2nd: - Level 5 endurance. Session good for all levels

5 Mile Tempo Run Start by the 3 Pebbles Torquay Seafront to Paignton Green This is a fast continuous run at your 10k pace Record your time all runners looking to progress should log all your training sessions

Thursday 4th: - Speed session on Torquay sea front or Pier. All Levels

Short reps. (10 x 2 minute with 1 minute recovery).

Tuesday 9th: - Level 5 endurance.

Marine Drive (10 miles).

Thursday 11th: - Speed endurance session. All Levels

3 mins out & 3 mins back 3 mins recovery

Tuesday 16th: - Level 5 endurance

Goodrington & back with 4 long reps. (8 miles).

Thursday 18th: - Hollicombe Hill Reps All levels

Hill reps number dependent on level

Tuesday 23th: - Level 5 endurance

Marine Drive out & back 4 hills (8 miles).

Thursday 25th: - Speed session on Torquay sea front. All levels

1 min out 1 min back 1 min recovery.

2 min out 2 min back 2 min recovery.

3 min out 3 min back 3 min recovery.

4 min out 4 min back 4 min recovery.

3 min out 3 min back 3 min recovery.

2 min out 2 min back 2 min recovery.

1 min out 1 min back.

Tuesday 30th: - Level 5 endurance

Penwill Way (9 miles). Fartlek

Beware of traffic, pedestrians and conditions under foot. All training session are dependent on weather conditions.