

# Rugby Triathlon Club Running Sessions

## Objectives and Overall Plan for 2008/9

### Objectives:

- To improve Sprint, Olympic and middle / long-distance event run splits.
- Sessions will be:
  - Suitable for all abilities. Ranging from those who are strongest at other triathlon disciplines, but wish to significantly improve their running performances, to strong and experienced runners who wish to fine tune their running fitness and technique.
  - Aimed at road and multi-terrain running.
  - Challenging, but enjoyable!

### Plans:

	Phase	Tech	Event		Phase	Tech	Event
<b>Nov</b>	Preparation	A	All	<b>May</b>	Competition	C	Long
<b>Dec</b>		B	All	<b>Jun</b>		A	Olympic
<b>Jan</b>		C	All	<b>Jul</b>		B	Sprint
<b>Feb</b>	Pre-Competition	B	Long	<b>Aug</b>		A	Olympic
<b>Mar</b>		C	Olympic	<b>Sep</b>	B	Sprint	
<b>Apr</b>		A	Sprint	<b>Oct</b>	Transition	C	All

- The sessions will often be based around speed work, because to race faster, you have to train faster: This is much easier to do in a group than individually.
- Sessions will incorporate exercises and drills to improve technique, strengthen the body and provide injury prevention.
- There will be no track sessions, as it is very difficult to effectively translate track-based training to good road and multi-terrain running performance.
- Sessions will avoid traffic as far as practicable.
- Daylight sessions will be mainly off-road as it is:
  - Kinder on the joints.
  - Strengthens the legs better.
  - Traffic-free.
  - Harder work (better training).
- There will be periodic Time Trials to track progress.
- Like all good plans, this will be flexible and may well be subject to change throughout the year.
- A detailed session schedule will be published monthly in advance.

### Prerequisites:

- Participants should be fit and injury free; they should also understand that they take part in any session entirely at their own risk.
- Sports clothing appropriate for the conditions should be worn. High visibility or reflective clothing must be worn when it is dark.
- Good quality training shoes suitable for road running (not lightweight or racing shoes) should be worn. Road shoes will be fine for the off-road sessions.
- A sports watch (preferably with a lap facility) will be useful, but not essential.