



Do a runner with LGN

Welcome to LGN Wellbeing

Welcome to LGN's training guides, these have been written by our elite LGN training team many of whom have run internationally and or have degree level physiology qualifications.

LGN's core service is providing blue chip organisations with cost effective in-house Run Clubs & ancillary wellbeing staff support, if you would like more information please email info@lgnwellbeing.com

Our approach

Our aim is to provide runners of all abilities with flexible training templates that promote tangible progression & running joy. LGN training progression is deliberately designed to be gently progressive as we look to acquire long term running fitness gains and pre-emptively avoid injuries.

LGN's '3 C Training Philosophy' (free download from LGN website) has been successfully implemented for over decade by our LGN corporate Run Clubs at BP, M&C Saatchi, Coca Cola, Investec, Jones Lang LaSalle & Omnicom Media et al.

LGN training key

Training Gears

LGN's concept of using Gears was created due to diverse ability levels of people attending LGN corporate Run Clubs. 1st Gear is your most comfortable relaxed pace, 2nd Gear is the most subtle increment you can identify and hold, and further gears are similarly the most subtle pace extension you can identify.

Both an Olympic and beginner runner alike will each have 1st Gear, the only difference is that the pace will be dependent on their base fitness. Initially aim to simply try and identify 5 Gears, with 1st Gear being your steady warm up pace and 5th Gear being your controlled sprint for a bus.

LGN Gears are subjective day to day and will vary in terms of exact pace depending on cumulative fatigue, weather etc, the important aspect is they are always subtle & nuanced pace increments on each other. The more subtle Gears you can identify the more running control you will gain.

Tempo Run

These runs form an important training aspect both physiological and mentally. The idea is to repeat the session on the same course over time and take note of your time, we then aim to slice a very small amount time from this effort on each further run.

However, while the goal is to run slightly faster each time, we are not aiming to do it by trying with greater perceived exertion, but instead staying relaxed and letting the tempo run be the tangible evidence of your running fitness gains.

Good luck from all the LGN team, running is a gift for life and half the pleasure is the unwrapping!





Do a runner with LGN

LGn 10km Triumph training plan

This LGN 10k Triumph plan is suitable for anyone who has completed the LGN 5km improvers plan or can run 40 - 45mins with a smile on their face and is aiming to complete their first 10km in 10 – 12 weeks.

Wk	Mon	Tue	Wed	Thu	Fri	Sat	Sun	LGn top tip
1	REST	LGn steady run 35 min 1st G	REST	LGn interval run 5min 1st G 10 min 2nd G 5 min 1st G 5min 3rd G 5 min 1st G	REST	LGn tempo run 30 mins 2nd G <i>Identify running loop of approx 30mins and run it at 2nd Gear and take exact note of the time it takes to complete</i>	LGn Sunday run 2 x 25min 1st G With 1min walk between each effort	No walk recovery in the interval session instead you are now using 1st Gear as your recovery!
2	REST	LGn steady run 35 min 1st G	REST	LGn interval run 5min 1st G 10 min 2nd G 5 min 1st G 5min 3rd G 5 min 1st G	REST	LGn hill session 10 min 1st G warm up 10 x 30 second hill effort in 4th G 1st G gentle jog back recovery 5mins 1st G cool down	LGn Sunday run 2 x 30min 1st G With 1min walk between each effort	
3	REST	LGn steady run 40 min 1st G	REST	LGn interval run 5min 1st G 10 min 2nd G 5 min 1st G 5min 3rd G 10 min 1st G	REST	LGn turn-around session 30 mins 2nd G <i>Without trying to run a faster 2nd Gear pace, can you take 20 – 30 seconds off your time from week 1?</i>	LGn Sunday run 50 min 1st G	Please try to manage cumulative fatigue that will build up over forthcoming weeks, once you are into routine of running you can skip a training day if tired with no problem as you know you will revert straight back into your beautiful routine.
4	REST	LGn steady run 40 min 1st G	REST	LGn interval run 5min 1st G 10 min 2nd G 30 sec 1st G 5 min 3rd G 10 min 1st G	REST	LGn hill session 10 min 1st G warm up 10 x 1 minute hill effort in 3rd G 1st G gentle jog back recovery 5mins 1st G cool down	LGn Sunday run 50 min 1st G	
5	REST	LGn steady run 40 min 1st G	REST	LGn interval run 10min 1st G 20min 2nd G 10min 1st G	REST	LGn tempo run 30 mins 2nd G <i>Without trying to run a faster 2nd Gear pace, can you take 20 – 30 seconds off your time from week 3?</i>	LGn Sunday run 55 min 1st G	Hopefully your 30 minute Tempo run is improving nicely, and as you are running for 55mins the following day please ensure you recover well with quality food and sleep.
6	REST	LGn steady run 45 min 1st G	REST	LGn interval run 5min 1st G 5min 3rd G 1 min 1st G 3mins 4th G 1 min 1st G 1min 5th G 10 mins 1st G	REST	LGn hill session 10 min 1st G warm up 12 x 1 minute hill effort in 3rd G 1st G gentle jog back recovery 5mins 1st G cool down	LGn Sunday run 60 min 1st G	





Do a runner with LGN

LGN 10km Triumph training plan continued...

Wk	Mon	Tue	Wed	Thu	Fri	Sat	Sun	LGN top tip
7	REST	LGN steady run 40 min 1st G	REST	LGN interval run 10 min 1st G 5 min 2nd G 5 min 3rd G 10 min 1st G	REST	LGN tempo run 30 mins 2nd G <i>Without trying to run a faster 2nd Gear pace, can you take 20 – 30 seconds off your time from week 5?</i>	LGN Sunday run 60 min 1st G	This week will see you run 1 hours for the second time in two weeks, so make sure you are now enjoying correct breakfast 'fuel' that can supply energy to end of your long Sunday run (Paula Radcliffe doesn't eat porridge because it looks sexy!)
8	REST	LGN steady run 45 min 1st G	REST	LGN interval run 10 min 1st Gear 10 min 2nd Gear 10 min 3rd Gear 5 min 1st Gear	REST	LGN hill session 10 min 1st G warm up 6 x 2 minute hill effort in 3rd G 1st G gentle jog back recovery 5mins 1st G cool down	LGN Sunday run 55 min 1st G	
9	REST	LGN steady run 40 min 1st G	REST	LGN interval run 10 min 1st Gear 30 sec 5th Gear 1 min 1st Gear 30 sec 5th Gear 10 min 2nd Gear 5 min 1st Gear	REST	LGN tempo run 40 mins 2nd G <i>Oh yes time to find new tempo loop that will suit an extra 10min of your 2nd gear tempo pace.</i> <i>Please time your new route and get ready beat the time in 14 days time!</i>	LGN Sunday run 60 min 1st G	Big week # 9, not only have you run over 1 hour last weekend but we are pushing Tempo session up to 40mins, woo hoo! The new Tempo route will not only help your fitness when racing 10km but vitally trying to find only small increased will help you gauge the correct race pace.
10	REST	LGN steady run 45 min 1st G	REST	LGN interval run 5min 1st G 15 min 2nd G 10 min 3rd G 5 min 4th G 5mins 1st G	REST	LGN hill session 10 min 1st G warm up 6 x 2 minute hill effort in 3rd G 1st G gentle jog back recovery 5mins 1st G cool down	LGN Sunday run 65 - 70 min 1st G	
11	REST	LGN steady run 40 min 1st G	REST	LGN interval run 10 min 1st G 20 min 2nd G 5 min 3rd G 5 min 1st G	REST	LGN tempo run 40 mins 2nd G <i>Without trying to run a faster 2nd Gear pace, can you take 20 – 30 seconds off your time from week 9?</i>	LGN Sunday run 60 min 1st G	For those targeting a 10km race next week, week 11 is the week where you need to start considering how much of a rest day you actually enjoy, where possible try to consider your rest day as importantly as each training day.
12	REST	LGN steady run 45 min 1st G	REST	LGN interval run 10 min 1st Gear 10 min 2nd Gear 5 min 3rd Gear 5min 1st Gear	REST	REST or gentle 20 min 1st Gear	LGN 10km? Get ready to embrace the 10km race distance or perhaps aim to run the distance at your Tempo training 2nd gear pace	This week we have included less running volume to ensure your 10km race legs are not fatigued, the geeky running term is 'tapering'. Get ready to have a fantastic 10km and great culmination of your recent training.

