



## *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](mailto: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

### LG N's 5km Improvers training plan

This LG N Improvers plan is suitable for anyone who can already run 30mins non-stop with aerobic aplomb.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	LG N top tip
1	<b>LG N steady run</b> 20 min 1st G 1 min walk 5 min 1st G 1 min walk 5 min jog	REST	<b>LG N interval session</b> 10min 1st G 1 min walk 5min 2nd G 1min walk 2min 3rd G 1min walk 5min 1st G	REST	REST	<b>LG N tempo run</b> 20 mins 2nd G <i>Identify running loop of approx 20mins and run it at 2nd Gear and take exact note of the time it takes to complete</i>	<b>LG N Sunday run</b> 4 x 10min 1st G  With 2min walk recovery between each 10min effort	Remember the running patience you used to get to this point, to improve further we need to harness your confidence and retain relaxed longer term fitness view!  Feel free to switch training days but try to avoid all 4 sessions back to back
2	<b>LG N steady run</b> 15min 1st G 2min walk 15min 1st G	REST	<b>LG N interval session</b> 10min 1st G 1 min walk 10min 2nd G 1min walk 5min 3rd G 1min walk 5min 1st G	REST	REST	<b>LG N hill session</b> 10min 1stG warm up  8 x 30 second hill effort in 4th G Walk back recovery  5mins 1st G cool down	<b>LG N Sunday run</b> 10 x 5 min 1st G  With 1 min walk recovery between each effort	This week not only do we have the LG N interval session, but we are also using a hill session, so think about positive running posture by not leaning too far forward, running tall & proud to keep airways open and pull back elbows to help drive legs.
3	<b>LG N steady run</b> 30 min 1st G	REST	<b>LG N interval session</b> 5min 1st G 30 sec walk 10 min 2nd G 30 sec walk 5min 3rd G 30 sec walk 10min 1st G	REST	REST	<b>LG N tempo run</b> 20 mins 2nd G (using same course as Week 1) Without trying to run a faster 2nd Gear pace, can you take 10 – 20 seconds off your week 1 time?	<b>LG N Sunday run</b> 2 x 20min 1st G  With 5min walk between each effort	
4	<b>LG N steady run</b> 35 min 1st G	REST	<b>LG N interval session</b> 10min 1st G 30 sec walk 5min 2nd G 30 sec walk 2 min 3rd G 30 sec walk 1 min 4th G 30 sec walk 10min 1st G	REST	REST	<b>LG N hill session</b> 10min 1stG warm up  10 x 30 second hill effort in 4th G 1st G gentle jog back recovery  5mins 1st G cool down	<b>LG N Sunday run</b> 30 min 1st G  2min walk recovery  20min 1st G	How did you get on with the LG N tempo run last week? Hopefully you shaved a few seconds off your week1 time without pushing harder and can take that confidence into week 4 and not be phased by jog recovery on hill session!
5	<b>LG N steady run</b> 35 min 1st G	REST	<b>LG N interval session</b> 10min 1st G 30 sec walk 5min 2nd G 30 sec walk 4 min 3rd G 30 sec walk 2 min 4th G 30 sec walk 10min 1st G	REST	REST	<b>LG N tempo run</b> 20 mins 2nd G  Without trying to run a faster 2nd Gear pace, can you take another 20 seconds off your time?	<b>LG N Sunday run</b> 40min 1st G	
6	<b>LG N steady run</b> 35 min 1st G	REST	<b>LG N interval session</b> 10min 1st G 30 sec walk 10 min 2nd G 30 sec walk 5 min 3rd G 30 sec walk 2 min 4th G 30 sec walk 10min 1st G	REST	REST	<b>LG N hill session</b> 10min 1stG warm up  8 x 1 minute hill effort in 3rd G 1st G gentle jog back recovery  5mins 1st G cool down	<b>LG N Sunday run</b> 45 min 1st G	Welcome to week 6, wow look how far you progressed in just a short period of time, you are now running 45mins non stop, can find the most subtle pace change between 2nd and 3rd Gear and have a clear 20min tempo run goal to keep chasing.  Anyone fancy taking on a 10km challenge?!

