



## *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!





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### LG N Half Marathon Magical Mystery Tour

This LG N HM plan is for runners looking to tackle their first 13 mile event or improve previous best time or can run 60mins whilst holding short conversation with running partner, if you are on the cusp we recommend doing the final 4 weeks of our 10km Improvers plan and then progressing.

Wk	Mon	Tue	Wed	Thu	Fri	Sat	Sun	LG N top tip
1	35 mins 1st G	REST	35mins 1st G	30 mins 1st G	REST	10 mins 1st G warm up 6 x 5 mins in 3rd G 90 seconds standing recovery between each 10 mins 1st G cool down	55 mins 1st G	Welcome to the start of a brand new running journey, hold onto your hat - Half Marathon here we come!
2	55 mins 1st G	REST	40 mins 1st G	40 mins 1st G	REST	45 min Tempo run Aim for 2nd G Identify new 45 minute route for tempo	60 min 1st G	Fuel will play a vital role in how well you utilise your fitness on race day, so start to think about eating slower releasing food prior to longer efforts .... Porridge used for breakfast by Paula et al because of low glycaemic index qualities
3	45 mins 1st G	REST	<b>Interval run:</b> 10 mins 1st G 10 mins 2nd G 5 mins 3rd G 5 mins 1st G	30 mins 1st G	REST	15 mins 1st G warm up 12 x 1 min hill in 3rd G with jog recovery 10 mins 1st G cool down	70 min 1st G	
4	60 mins 1st G	REST	35 mins 1st G	40 mins 1st G	REST	45 mins Tempo run <i>Same route as week 2, aim to shave no more than 30 seconds from your time, but keep pace a controlled 2nd G and avoid temptation to run faster.</i>	75 min 1st G	As training runs require more volume temptation is always plug into music, but once in a while turn off iPod and listen to body during Tempo run to get a better feel for physical reaction to pace changes.
5	30 mins 1st G	REST	25 mins 1st G	REST	REST	65 mins 1st G	REST	
6	55 mins 1st G	REST	40 mins 1st G	25 mins 1st G	REST <i>Potentially going to start to feel accumulative fatigue, make sure rest is really rest, another two hard runs left this week!</i>	45 min Tempo run As per week 4  Or 5km / 10km race – possible PB?  How about doing a local & weekly park run 5km, 100% free! <a href="http://www.parkrun.org.uk/">www.parkrun.org.uk/</a>	65 mins 1st G  (45 - 50mins if raced on Saturday)	With 6 weeks to go until race day, now is a good time to see a running specialist physio or osteopath for pre-emptive physical MOT to reduce risk of picking up injury.





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### LG N Half Marathon Magical Mystery Tour continued...

Wk	Mon	Tue	Wed	Thu	Fri	Sat	Sun	LG N top tip
7	45 mins 1st G	REST	<b>Interval run</b> 10 mins 1st G 10 mins 2nd G 10 mins 3rd G 10 mins 1st G	25 mins 1st G	REST	45 mins 1st G	80 mins 1st G	On Sunday nights after long run considering going to bed 30 mins early each night to gain over 3 hours extra in the sleep bank and tangibly aid your physical recovery
8	50 mins 1st G	REST	30 mins 1st G	45 mins 1st G	REST	10 mins 1st G warm up 6 x 5 mins in 3rd G 60 seconds standing recovery between each 10 mins 1st G cool down	85 mins 1st G	Plan for next Sunday's run to mimic exact race day known conditions, so eat same food 24 hours prior, get up at same time, eat same breakfast and then do 95min run at race start time and practice fueling while running
9	45 mins 1st G	REST	<b>Interval run</b> 10 mins 1st G 10 mins 2nd G 10 mins 3rd G 10 mins 1st G	35 mins 1st G	REST	60 mins 1st G	95 mins 1st G	
10	25 mins 1st G	REST	<b>Interval run</b> 10 mins 1st G 10 mins 2nd G 10 mins 3rd G 10 mins 1st G	35 mins 1st G	REST	45 min Tempo 2nd G  As per week 6  <i>Remember we are looking to shave small amounts of time off your best for this course but without pushing noticeable harder than 2nd G, aim to stay relaxed throughout</i>	100 mins 1st G	And now we start to gently 'taper', physiological training progression develops in approximately 14 day cycles, so key aspect now if getting you recovered and on the start line able to use all your developed fitness
11	REST	REST	45 mins 1st G	35mins 1st G	REST	15 mins 1st G warm up 12 x 1 min hill in 3rd G with jog recovery 10 mins 1st G cool down	70-80 mins 1st G	
12	30 mins 1st G	REST	35 mins 1st G	40 mins 1st G	REST	20 mins 1st G + 5 x 30 seconds 3rd G strides with relaxed walk back recovery	Half Marathon!	13 miles of smug glory, relax, & enjoy the fruits of your hard work



LG N partners



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