



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!





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LG N 10km Improvers training plan

This LG N 10km Improvers plan is suitable for anyone who has already completed a 10km race or similar distance and is looking to run the distance more quickly or....more easily.

Wk	Mon	Tue	Wed	Thu	Fri	Sat	Sun	LG N top tip
1	REST	LG N steady run 45 min 1st G	REST	LG N interval run 5min 1st Gear 5min 2nd Gear 5min 3rd Gear 5min 2nd Gear 5min 1st Gear	REST	LG N hill session 10min 1st G warm up 6 x 2 minute hill efforts in 3rd Gear 1st G gentle jog back recovery 5mins 1st G cool down	LG N Sunday run 60 min 1st G	Have you found a goal 10km race to do in 2 months time? Runners World UK website is good source of race events across the country see link below: http://www.runnersworld.co.uk/events/
2	REST	LG N steady run 40 min 1st G	REST	LG N interval run 5 min 1st Gear 10 min 2nd Gear 5min 3rd Gear 10 min 2nd Gear 5 min 1st Gear	REST	LG N tempo run 40 mins 2nd G <i>Please find tempo loop that will suit a 40 min run and time your new route and get ready to subtly beat the time soon!</i>	LG N Sunday run 60 min 1st G	
3	REST	LG N steady run 45 min 1st G	REST	LG N interval run 10 min 1st Gear 10 min 2nd Gear 10 min 3rd Gear 5 min 1st Gear	REST	LG N turn-around session 10 min 1st G warm up 2 sets of 8 x 30 second turnarounds Using 5 minutes between each set Run for 30 seconds in 3rd Gear from your chosen point A, when clock hits 30 seconds you have created point B, enjoy 30 seconds recovery and aim is then to run back from same points B to A in no more than 30 seconds – can you do it? 5min 1st gear cool down	LG N Sunday run 65 min 1st G	Saturday sees the first LG N turn-around session, excellent training tool and also perfect session to highlight if you have an issue finding appropriate pace... ...if you cant reach point A or B within 30 seconds on the second set you have over cooked your pace early doors.
4	REST	LG N steady run 50 min 1st G	REST	LG N interval run 5 min 1st Gear 10 min 2nd Gear 5min 3rd Gear 10min 2nd Gear 5 min 1st Gear	REST	LG N hill session 10 min 1st G warm up 8 x 2 minute hill effort in 3rd G 1st G gentle jog back recovery 5mins 1st G cool down (aim to run each hill effort slightly faster)	LG N Sunday run 70 min 1st G	
5	REST	LG N steady run 35 min 1st G	REST	LG N interval run 15 min 2nd Gear 5 min 3rd Gear 15 min 2nd Gear	REST	LG N tempo run 40 mins 2nd G <i>Time to go back to our Tempo course loop from week 2 and try to shave 20 – 30 seconds (no more!) from previous time.</i>	LG N Sunday run 60 min 1st G	En route to 10km race maybe consider finding another 5km race at the weekend instead of training, parkrun are 5km races held in almost every town each Saturday and are 100% free, take a peak http://www.parkrun.org.uk/
6	REST	LG N steady run 45 min 1st G	REST	LG N interval run 5 min 1st Gear 20 min 2nd Gear 5 min 3rd Gear 1 min 4th Gear 5 min 1st Gear	REST	LG N turn-around session 10 min 1st G warm up 2 sets of 10 x 30 second turnarounds Using 5 minutes between each set Run for 30 seconds in 3rd Gear from your chosen point A, when clock hits 30 seconds you have created point B, enjoy 30 seconds recovery and aim is then to run back from same points B to A in no more than 30 seconds – can you do it now we have added two more reps per set? 5min 1st gear cool down	LG N Sunday run 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?!





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LG N 10km Improvers training plan continued...

Wk	Mon	Tue	Wed	Thu	Fri	Sat	Sun	LG N top tip
7	REST	LG N steady run 50 min 1st G	REST	LG N interval run 5 min 1st Gear 10 min 2nd Gear 5min 3rd Gear 10min 2nd Gear 5 min 1st Gear	REST	LG N hill session 10 min 1st G warm up 12 x 45 second hill efforts in 3rd G <i>looking for explosive dynamic action, higher knees, pushing off toes with force and really driving with arms</i> 1st G gentle jog back recovery 5mins 1st G cool down	LG N Sunday run 70 min 1st G	Need to protect from injury and hill session at weekend with more explosive speed request will put pressure on your calf muscles (back of lower leg), so make sure gentle 5min stretch routine is being carried out regularly... you have been stretching haven't you?!
8	REST	LG N steady run 35 min 1st G	REST	LG N interval run 15 min 2nd Gear 5 min 3rd Gear 15 min 2nd Gear	REST	LG N tempo run 40 mins 2nd G <i>Time to go back to our Tempo course loop from week 5 and try to shave 20 – 30 seconds (no more!) from previous time.</i>	LG N Sunday run 60 min 1st G	
9	REST	LG N steady run 45 min 1st G	REST	LG N interval run 5 min 1st Gear 20 min 2nd Gear 5 min 3rd Gear 1 min 4th Gear 5 min 1st Gear	REST	LG N turn-around session 10 min 1st G warm up 2 sets of 10 x 30 second turnarounds Using 5 minutes between each set Run for 30 seconds in 3rd Gear from your chosen point A, when clock hits 30 seconds you have created point B, enjoy 30 seconds recovery and aim is then to run back from same points B to A in no more than 30 seconds – can you do it now we have added two more 30 second efforts per set? 5min 1st gear cool down	LG N Sunday run 70 min 1st G	You should start to feel in control of your running pace by now and ideally feel like your running biomechanics are relaxed and not requiring conscious thought
10	REST	LG N steady run 50 min 1st G	REST	LG N interval run 15 min 2nd Gear 5 min 3rd Gear 15 min 2nd Gear	REST	LG N hill session 10 min 1st G warm up 2 x 8 sets of 30 second hill efforts in 3rd G 5 min recovery between sets looking for yet more explosive action after week 5 and ideally using a steep gradient hill 1st G gentle jog back recovery 5mins 1st G cool down	LG N Sunday run 60 min 1st G After run please add 6 x 50m sprints using 5th Gear	
11	REST	LG N steady run 35 min 1st G	REST	LG N interval run 40min 1st G But including up to 10 x 30 second 5th Gear efforts making sure always followed by true 1st Gear run pace	REST	LG N tempo run 40 mins 2nd G <i>For the 3rd time we return to our Tempo course loop from and try to shave another 20 – 30 seconds, up for it?</i>	LG N Sunday run 70 min 1st G After run please add 6 x 50m sprints using 5th Gear	With increase in both running volume (70 min Sunday run) and intensity (30 second hill sprints) it would be worthwhile seeing a registered running specialist osteopath for a pre-emptive treatment.
12	REST	LG N steady run 45 min 1st G	REST	LG N interval run 20 min 1st Gear 5min 2nd Gear 5min 1st Gear	REST	REST	LG N 10km Race day?	

