



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!



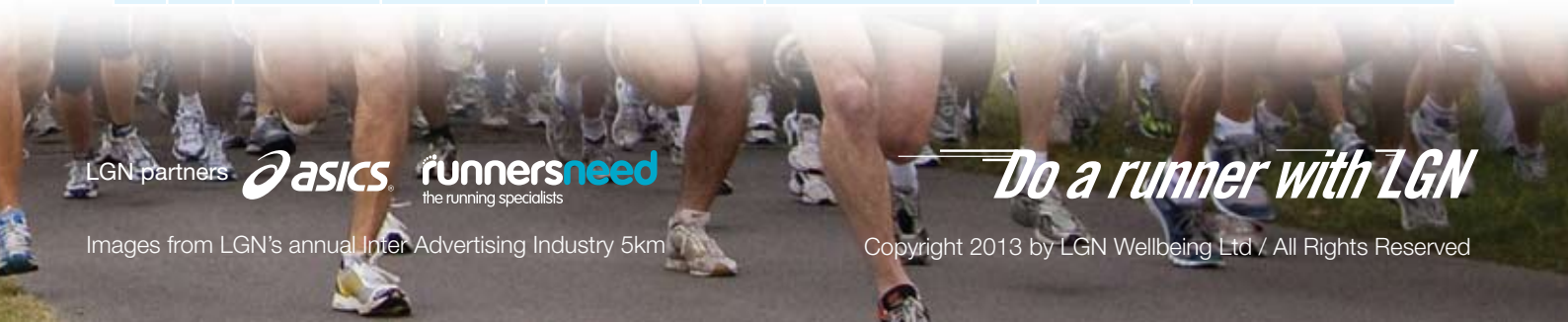


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LGN 10km Trail Running plan

This LGN 10km off-road training plan is suitable for anyone who has already completed a 10km road run, but is now looking to take on a challenging trail race of similar length.

Wk	Mon	Tue	Wed	Thu	Fri	Sat	Sun	LGN top tip
1	REST	LGN steady run 45 min 1st G	Optional Off road running races include steep descents requiring eccentric lower leg strength. 3 x 10 sets of jump squats (2mins recovery) Feet shoulder distance apart, hand behind head, bend legs	LGN interval run 5min 1st Gear 5min 2nd Gear 5min 3rd Gear 5min 2nd Gear 5min 1st Gear	REST	LGN off-road 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	LGN Sunday run 60 min 1st G	Have you found an off road 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	LGN steady run 40 min 1st G	Optional Off road running uses uneven road surfaces so very helpful to strengthen supporting ankle muscles. Fold large towel into small square, stand on unstable base on one leg for 15-20secs trying to hold balance. Alternate 15 efforts on each leg	LGN interval run 5 min 1st Gear 10 min 2nd Gear 5min 3rd Gear 10 min 2nd Gear 5 min 1st Gear	REST	LGN tempo run 40 mins 2nd G <i>Ideally find an off road tempo loop that will suit a 40 min effort and we will come back to monitor time progression.</i> <i>Start to think about how you descend, try to relax more and use gravity to assist and not fatigue thighs by braking.</i>	LGN Sunday run 60 min 1st G	Time to invest in quality off road running, trail or fell shoes for your goal race? The most minimal off road racing shoe will have limited cushioning so to reduce injury risk wear them for shorter sessions (hills and turn around session etc) Consider what your event requires, general trail course could mean good cushioned shoe with just extra grip, serious mountain or fell race you will want a much more specific shoe.
3	REST	LGN steady run 45 min 1st G	Optional 3 x 15 sets of jump squats (2mins recovery) Feet shoulder distance apart, hand behind head, bend legs for squat and then jump, absorb impact on toes and straight back into next squat , repeat..	LGN interval run 10 min 1st Gear 10 min 2nd Gear 10 min 3rd Gear 5 min 1st Gear Don't be surprised if your legs and glutes (bum) feel fatigued from previous days optional jump squats	REST	LGN 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	LGN Sunday run 65 min 1st G	Saturday sees the first LGN 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. Try to find rugby field or undulating golf course as venue
4	REST	LGN steady run 50 min 1st G	REST	LGN interval run 5 min 1st Gear 10 min 2nd Gear 5min 3rd Gear 10min 2nd Gear 5 min 1st Gear	REST	LGN descent hill session 10 min 1st G warm up 12 x 1 minute up hill in 2rdG Instead of jog recovery your aim is to descend quicker than you ascend and make each descent rep at least 1sec quicker 5mins 1st G cool down (try to find steep off road hill)	LGN Sunday run 70 min 1st G	Consider taking a trip to a new off road running area, drive or take train and enjoy a new under foot sensory adventure





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5	REST	LGN steady run 35 min 1st G	Optional Fold large towel into small square, stand on unstable base on one leg for 30secs trying to hold balance. 15 efforts on each leg	LGN interval run 15 min 2nd Gear 5 min 3rd Gear 15 min 2nd Gear	REST	LGN 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>	LGN 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	LGN steady run 45 min 1st G After run aim to do 6 x 30 seconds downhill 4th G efforts with walk back recovery	Optional Off road running races include steep descents requiring eccentric lower leg strength. 4 x 10 sets of jump squats (2mins recovery) Feet shoulder distance apart, hand behind head, bend legs for squat and then jump, absorb impact on toes and straight back into next squat, repeat..	LGN interval run 5 min 1st Gear 20 min 2nd Gear 5 min 3rd Gear 1 min 4th Gear 5 min 1st Gear	REST	LGN turn-around session 10 min 1st G warm up 2 sets of 10 x 30 second turnarounds Using 5 minutes between each set 5min 1st gear cool down As per week 3 but try to find undulating terrain, local gold courses can be perfect as ideal as looking for terrain that saps rhythm and forces mind and body to concentrate on holding pace	LGN Sunday run 70 min 1st G Stick to firmer terrain and give legs a break from having to deal with softer ground	
7	REST	LGN steady run 50 min 1st G	REST	LGN interval run 5 min 1st Gear 10 min 2nd Gear 5min 3rd Gear 10min 2nd Gear 5 min 1st Gear	REST	LGN off road hill sprint 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	LGN 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	LGN steady run 35 min 1st G	Optional Off road running uses uneven road surfaces so very helpful to strengthen supporting ankle muscles. Fold large towel into small square, stand on unstable base on one leg for 30secs trying to hold balance and this time shut your eyes.. 15 efforts on each leg	LGN interval run 15 min 2nd Gear 5 min 3rd Gear 15 min 2nd Gear	REST	LGN tempo run 40 mins 2nd G <i>Time to go back to our off road Tempo course loop from week 5 and try to shave another 20 – 30 seconds (no more!) from previous time.</i> <i>Running at pace focusing on your potentially muddy cornering, start to gain confidence with your new trail footwear and discover how much extra grip they provide</i>	LGN Sunday run 60 min 1st G Time to head off the tarmac where possible	Off road kit check – wet or muddy shoes should be cleaned with damp cloth and left to dry naturally or with newspaper inside, avoid temptation to put shoes on radiator as it often leads to shoe early demise.





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9	REST	LGN steady run 45 min 1st G After run aim to do 6 x 30 seconds downhill 4th G efforts with walk back recovery	Optional Off road running races include steep descents requiring eccentric lower leg strength. 5 x 10 sets of jump squats (1min recovery) Feet shoulder distance apart, hand behind head, bend legs for squat and then jump, absorb impact on toes and straight back into next	LGN interval run 5 min 1st Gear 20 min 2nd Gear 5 min 3rd Gear 1 min 4th Gear 5 min 1st Gear	REST	LGN 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 <i>Are you feeling more at ease attacking gradient rises and descents, key is to holding rhythm no matter what the terrain throws at you</i>	LGN Sunday run 70 min 1st G	You should start to have more confidence running off road, enjoying greater sense of freedom the off road can provide.
10	REST	LGN steady run 50 min 1st G	REST	LGN interval run 15 min 2nd Gear 5 min 3rd Gear 15 min 2nd Gear	REST	LGN tarmac 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, as only 30 seconds you can really attack with driving arms and good knees 1st G gentle jog back recovery 5mins 1st G cool down	LGN Sunday run 60 min 1st G After run please add 6 x 50m sprints on tarmac using 5th Gear	Looking for a new off road route? How about using the Ramblers Association expertise to help find new local runs? http://www.ramblers.org.uk/
11	REST	LGN steady run 35 min 1st G	REST	LGN 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	LGN 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>	LGN 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	LGN steady run 35 min 1st G	REST	LGN interval run 20 min 1st Gear 5min 2nd Gear 5min 1st Gear	REST	REST If off road event is going to take more than 60 mins, consider pre race fuel via whole grain and slow releasing low GI and consider taking energy gels on the run.	LGN 10km Off road race day?	Use weather forecasts to help understand both what to wear on body for warmth and what shoes to wear – good luck & enjoy!

