



## *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 Marathon 16 week lactic journey of joy - Mission sub 3 hours

Sub 3hr marathon running represents an exciting challenge to be like the world's elite runners and have a PB time that starts with 2hrs... this ambitious goal requires holding a pace of 6mins 52 second per mile and in taking on this challenge you should already be able to run 10km in under 38 minutes.

Wk	Mon	Tue	Wed	Thu	Fri	Sat	Sun	LG N top tip
1	50 mins 1st G	REST	55 mins 1st G	45 mins 1st G	REST	20 mins 1st G / 30 mins 2nd G / 10 mins 1st G	70 mins 1st G	Welcome once more to your next LG N training voyage, the Marathon is a great event and especially rewarding,
2	50 mins 1st G	REST	45 mins 1st G	55 mins 1st G	REST	10 mins 1st G warm up 10 x 3 mins in 3rd G 90 seconds standing recovery between each 10 mins 1st G cool down	85 mins 1st G	
3	55 mins 1st G	REST	<b>Interval run</b> 5 mins 1st G 20 mins 2nd G 10 mins 3rd G 20 mins 1st G	50 mins 1st G	REST	75 mins 1st G  Or 80 mins  Or am to do local Park Run 5km looking to break 18mins, with 20 min warm up and 20min cools down included <a href="http://www.parkrun.com">www.parkrun.com</a>	90 mins 1st G	You are going to need to start listening to your body, to reach 26 mile goal we need to pre-empt NOT react to problems
4	REST	60 mins 1st G  (if feeling good include 15-20min in the middle at 2nd G pace)	REST	60 mins 1st G	REST	45-55 min Tempo 2nd G  <i>Identify new run route</i> <i>Make note of time as we will need to compare on week 8</i>  If able 25 – 30min in the eve 1st G	95 mins 1st G	Make sure during Saturday Tempo run you feel able to hold 2-3 word conversation throughout
5	60 mins 1st G	REST	55 mins 1st G	65 mins 1st G	REST	<b>Race weekend?</b>  Looking for 10km race where you will aim to run at target sub 3hr marathon pace – Sub 43 minutes for 10km  Prior to race please do minimum of 15min light 1s G warm up and after run aim for another 30min 1st G cool down  If no race available either try running 6min 52sec sec per mile pace and mimicking above	<b>Race?</b>  As Saturday	Rest on whatever day of weekend the race / training is not taking place
6	50 mins 1st G  Or rest if raced and feeling fatigued	REST	30 mins 1st G	55 mins 1st G	REST	10 mins 1st G warm up 10 x 3 mins in 3rd G 60 seconds light jog recovery between each 10 mins 1st G cool down	115 mins 1st G	
7	55 mins 1st G	30mins 1st G	<b>Interval run</b> 5 mins 1st G 15 mins 2nd G 15 mins 3rd G 10 mins 1st G	60 mins 1st G	REST	80 mins 1st G  Or Am 40 mins / PM 45 mins	125 mins 1st G	As your Sunday runs now go beyond 2hrs you need to be practicing take fuel with you on the run, most efficient are the energy gels, recommend isotonic and non caffeine version initially
8	45 mins 1st G	30mins 1st G	50 mins 1st G	60 mins 1st G	REST	50 - 55 min Tempo 2nd G <i>Same route as week 4 and your aim is to shave no more than 30 seconds from your time and stay in 2nd G</i>	135 mins 1st G	Don't be surprised if feeling it in legs by Sunday, possibly aim to book qualified sports massage. Next few days are an active recovery week.





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### LG N sub 3 hours marathon plan continued...

Wk	Mon	Tue	Wed	Thu	Fri	Sat	Sun	LG N top tip
9	35 mins 1st G	REST	45 mins 1st G	45 mins 1st G	REST	20 mins 1st G warm up 12 x 1 min hill in 3rd G with jog recovery 15 mins 1st G cool down  Or am to do local Park Run 5km looking to break PB or 18mins on fatigued legs, with 20 min warm up and 20min cools down included <a href="http://www.parkrun.com">www.parkrun.com</a>	95mins 1st G	
10	60mins 1st G	40 mins 1st G	REST	50 min Tempo Compare time with week 8  Aiming to shave no more than 30 seconds off your time still holding 2nd	REST	80 mins  Or am to do Park Run 5km looking to break 20mins, with 20 min warm up and 20min cools down included  <a href="http://www.parkrun.com">www.parkrun.com</a>	130 mins 1st G	5km events are useful addition whilst training for a marathon, keeping in touch with faster tempo reduces risk of slipping into one single tempo and helps keep competitive spirit honed.
11	50mins 1st G	REST	50 mins 1st G	35 mins 1st G	REST	10 mins 1st G warm up 8 x 5 mins in 3rd G Each rep getting progressive faster 60 seconds standing recovery between each 5 mins 1st G cool down	120 mins 1st G  Don't be afraid to include 30sec walking efforts every 10mins if fatigued in final 45mins	
12	45 mins 2nd G	REST	<b>Interval run</b> 5 mins 1st G 20 mins 2nd G 10 mins 3rd G 10 mins 1st G	50 mins 1st G	REST	<b>Race weekend?</b> <b>Ideally Half Marathon at marathon pace</b> – 1hr 30mins or a 10km at PB pace sub 38mins  Look for local races via Runners World <a href="http://www.runnersworld.co.uk/events">www.runnersworld.co.uk/events</a>  or if no race please do the following  25 mins 1st G warm up 12 x 1 min hill in 3rd G with jog recovery 15 mins 1st G cool down	<b>Race weekend?</b> <b>Ideally Half Marathon at marathon pace</b> – 1hr 30mins or a 10km at PB pace sub 38 mins  or if no race please do the following  135 mins 1st G	For this weekend's race of 90mins make sure you are now planning when and what you will be eating during the run as a guide most gels contain 25g of carbs which will last you 20 – 30minutes
13	35 mins 1st G	35mins 1st G	45 mins 1st G	REST	REST	5 mins 1st G 10 mins 2nd G 10 mins 3rd G 5 mins 4th G 15 mins 1st G	110 mins 1st G	
14	60 mins 1st G	REST	50 min Tempo Compare time to week 10	55 mins 1st G	REST	60 mins 1st G  With 6 x 20 sec 5th G sprint efforts + walk back recovery	90 mins 1st G	Your last big week of training, no benefit to race day by going hard in final 14 days
15	45 mins 1st G	REST	REST	25 mins 1st G	REST	45 min Tempo	70 mins 1st G	
16	45 mins 1st G	REST	30 mins 1st G	20 mins 1st G	REST	<b>Marathon weekend!</b>	<b>Marathon weekend!</b>  26 miles of something very special	Savour every moment and big congratulations!

