



## **Where and When?**

We meet at 18:00 for a social gathering and start sharp at 18:15 from the Kings Park athletic centre BH7 6JD. Near the AFC Bournemouth football stadium. Please arrive ready to run in your kit. Changing rooms are available. On Tuesday, Thursday evenings and most Sunday mornings.

## **Who are the sessions for?**

The sessions are targeted at endurance runners who take part in running events throughout the year on any type of surface. Ideally you should have built up a good base of stamina and endurance before you start to introduce faster paced work. Ideally you should be able to run for up to 6-8 miles continuously. Our sessions aim to provide a challenging workout to all standards of runners to reflect the level of effort required on race day.

## **What is the format of the sessions?**

The sessions last about one hour and consist of a 10-15 minute jog warm up, around 30 – 40 minutes worth of efforts and a cool down run of 10 -15 minutes. Because of time constraints we cannot include work on technique/drills. We cover around 6 miles in total in the session not including the warm up and cool down. Future sessions are shown on our training plans found on the BAC Road Runners page.

The purpose of the sessions is to increase your lactate threshold- i.e. the pace at which you start to experience accumulation of lactate in your tissues. Push up your LT and you will find your race pace at all distances from 10k and upwards improves when combined with improving your endurance.

An additional benefit of the session is that they teach you good pace judgement with in a group.