

# Sidmouth Running Club East Devon Spring Series - 2019

## Race Plan

Month	Race	Start Location	Distances	Date	Details and Website
January	Blackdown Beast	Dunkeswell	16 miles 10 miles	26 <sup>th</sup> January 10.00	The Blackdown Beast is a very muddy social run so although it is a long distance to begin with it is not a timed event and there are lots of stopping opportunities. A great chance to cover 16 miles off-road. <a href="http://www.honitonrc.com/">http://www.honitonrc.com/</a>
February	Four Trigs	Sidmouth	17 miles (2 or 3 trig alternatives)	10th February	A challenging hilly route that will test leg strength! Needs some local/route knowledge – Sunday runs <a href="http://www.sidmouthrunningclub.co.uk">http://www.sidmouthrunningclub.co.uk</a>
March	The Cub The Grizzly	Seaton	9 miles 20 miles	10 <sup>th</sup> March 10:30	Better than Christmas? <a href="https://www.fullonsport.com/event/grizzly-ballot-2019/profile">https://www.fullonsport.com/event/grizzly-ballot-2019/profile</a>
April	JP's Exe to Axe	Exmouth	6 miles 11 miles 20 miles	7th April	<a href="http://www.sidmouthrunningclub.co.uk">http://www.sidmouthrunningclub.co.uk</a>

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East Devon doesn't have a trail event in May that we can all do. It seems a shame to have a months gap and it also seems a shame to end in April and miss the Blackdown Beauty. Perhaps we can run the East Devon Way, or 26.2 miles of it. Suggestions please!					
<b>May</b>	<i>Marathon</i>	<i>Sidmouth</i> <i>Exeter</i>	<i>26.2 miles</i> <i>13 miles</i> <i>7.5miles</i>	<i>26<sup>th</sup> May</i>  <i>19th MAY</i> <i>9:00</i>	<a href="https://www.womencan.co.uk/">https://www.womencan.co.uk/</a>  <a href="https://www.exetercitycommunitytrust.co.uk/courses/running-events/exeter-marathon-2019">https://www.exetercitycommunitytrust.co.uk/courses/running-events/exeter-marathon-2019</a>
<b>June</b>	Blackdown Beauty	Culmhead		TBA	A wind down run, lots of opportunity for celebrating success! <a href="http://www.honitonrc.com/blackdown-beauty1.html">http://www.honitonrc.com/blackdown-beauty1.html</a>

## Training Approach

Everyone should create and follow their own training targets. This is a team endurance event and everyone is free to run at their own pace. The focus of training is to gradually build strength and condition whilst, week by week, increasing the off road distance you can comfortably achieve. For some, the focus will be speed, for others the focus will be achieving the distance. This is a non-competitive team activity. The challenge is to get as many of us through to June completing all the races, in some way, in the race calendar above. We hope that we can all work together to train and share advice. I am hoping that most training can be done within the normal running club sessions. Probably the best format for this will be a facebook group, if you are not on facebook, consider signing up or tell Charlotte Forrer and she can keep you updated by email or in person. **charlotteforrer@gmail.com**

Many thanks to Tim Mitchell for adding all the strength and conditioning work and ensuring that nobody is slacking at the back of the Monday run! Tim is happy for us to contact him with questions about their own training plan. **mitch\_hell19@hotmail.com**

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## Training Plan

	<b>Training Outcome for the month</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Weekend</b>	<b>Races</b>
<b>September</b>	To build a training plan to run three times a week.	Running Club		Running Club 4-5 miler min	10 squats 10 lunges L/R 10 calf raises	REST	Long Run 1 hr/6 miles min	
<b>October</b>	To begin building endurance aiming for Bicton Blister.	Running Club		Running Club 4.5/6 miler Off-Road 10 <sup>th</sup> October	2 x 10 squats 2 x 10 lunges L/R 2 x 10 calf raises	REST	Long Run 1.25hrs/8 miles min	
<b>November</b>	Target Bicton Blister.	Running Club Run at the front of the group & loop back		Running Club 6 miler  Off-road	3 x 10 squats 3 x 10 lunges L/R 3 x 10 calf raises	REST	Long Run 1.5 hrs/10 miles min	Bicton Blister 4.5 miles 10 miles Date:24 Nov
<b>December</b>	To build distance beyond 10 miles off road.	Running Club Run at the front of the group & loop back		Running Club 6 mile /Intervals (use speed work to build strength Off-road	3 x 10 squats 3 x 10 lunges L/R 3 x 10 calf raises	REST	Long Run Work up to 2 hrs	Reindeer Run 10km Date: 2 Dec

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<b>January</b>	16 miles off road and Hill work	Running Club Run at the front of the group & loop back		Running Club 6 miler (use speed work to build strength Off-road	3 x 10 squats 3 x 10 lunges L/R 3 x 10 calf raises	REST	Long Run - offroad Work up to 2.5/3 hrs	Blackdown Beast
<b>February</b>	Hills and increasing distance.	Running Club Run at the front of the group & loop back		Running Club 6 miler (use speed work to build strength Off-road	3 x 10 squats 3 x 10 lunges L/R 3 x 10 calf raises	REST	Long Run - offroad Maintain 2/3 hrs	4 Trigs
<b>March</b>	Hills and increasing distance.	Running Club Run at the front of the group & loop back		Running Club 6 miler (use speed work to build strength Off-road	3 x 10 squats 3 x 10 lunges L/R 3 x 10 calf raises	REST	Long Run - offroad Maintain 2/3 hrs	Cub/Grizzly
<b>April</b>	Hills and increasing distance.	Running Club Run at the front of the group & loop back		Running Club 6 miler (use speed work to build strength Off-road	3 x 10 squats 3 x 10 lunges L/R 3 x 10 calf raises	REST	Long Run Maintain 2/3 hrs	Exe to Axe
<b>May</b>	Increasing Distance	Running Club Run at the front of the group & loop back		Running Club 6 miler (use speed work to build strength Off-road		REST	Long Run	Marathon
<b>June</b>	Recover	Running Club		Running Club Off-road			Long Run	Blackdown Beauty

And that's it! Relax for the summer or train for an ultra.