

Tempo run

Tomorrow evening we'll be trying a new club session and we'll be doing a Tempo run. The aim of a tempo run is to maintain a comfortable, yet sustained pace and effort through the tempo element.

The pack leaders will lead the warm up at a pre-defined pace from the Club to Dame Dorothy Street. The roadworks mean that the tempo pace will need to start after St Peter's Way and the route follows the coats road (similar to other sessions along this route – 1 minute efforts, lampposts etc.)



Pack leaders will define the warm up and tempo paces.

Do not pass the pack leader at any time during the session.

Warm up pace is equally important as tempo pace!

Pass the pack leader – you move up a pack!

If you find the tempo pace easy you should really consider moving up a pack at the next session.

What if I can't hold the pace of the pack leader? – This is an out and back run, so do the best you can to maintain a pace for the duration of the tempo element, you'll see the pack slow down to the recovery pace and turn round at half way point of the session.

Paces and Tempo durations

Pack	Warm up / Recovery Pace	Tempo Pace	Tempo duration	Recovery
A Pack	To be advised	To be advised	2 x 15 mins	5 mins (2.5 mins out / turn round / 2.5 mins back)
B	To be advised	To be advised	2 x 15 mins	5 mins (2.5 mins out / turn round / 2.5 mins back)
C	To be advised	To be advised	2 x 12 mins	5 mins (2.5 mins out / turn round / 2.5 mins back)
D	To be advised	To be advised	2 x 10 mins	5 mins (2.5 mins out / turn round / 2.5 mins back)
E	To be advised	To be advised	2 x 10 mins	5 mins (2.5 mins out / turn round / 2.5 mins back)

So, A pack will run 15 mins tempo out, 2mins 30 at warm up / recovery pace out, turn around 2 mins 30 still at recovery pace heading back , then 15 mins tempo back to St Peter Way. Then warm up / recovery pace back to club.

There'll be a tail runner to run behind E pack to make sure no-one is left behind.