

## **20:20 out and back tempo**

**Objective of the session:** to give runners the opportunity to run at a steady pace and then move up gears to hit 5k tempo pace.

### **Who is it suitable for?**

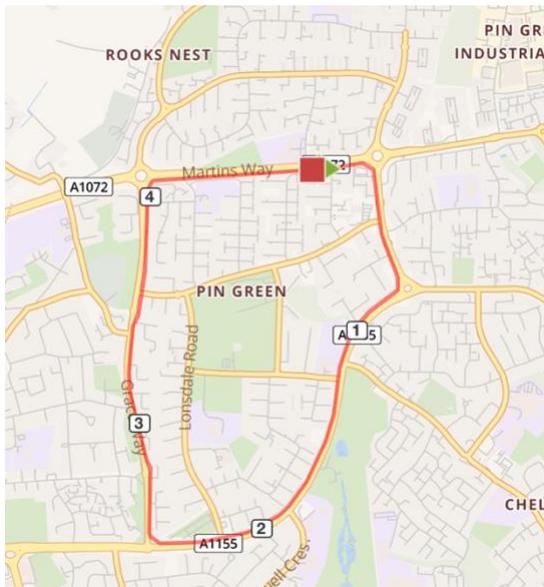
Anyone who has been running long enough to be able to run for at least 35 minutes continuously.

### **What does the session consist of?**

We hold the session either from St Nicholas park car park or the Fairlands showground. Firstly we will carry out mobilisation exercises in a safe area of the car park area.

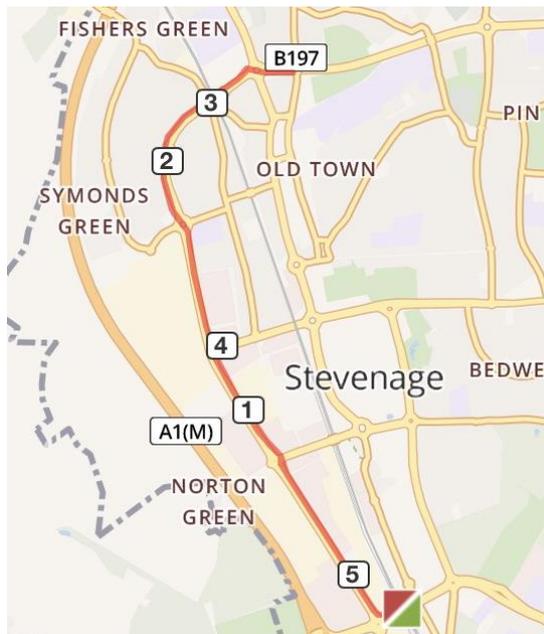
### **St Nicholas park**

Runners complete a slow run out to the start area at the end of Pilgrims away. All runners start together by heading into Verity Way, right into Fairlands Way, then right into Grace Way and finally (if they get that far) a right into Martins Way again. All at a steady pace (5-6 out of 10 in terms of effort). After 20 minutes, runners turn and then aim to return to the start 1-2 minutes faster (effort level of 7-8 out of 10). This should mean that all runners finish close together.



### **Fairlands showground**

Runners complete a slow run out to the start area at the railway bridge just before the down hill section into Gunnells wood road. All runners start together by heading into Gunnells wood (bearing right) and following Gunnells Wood staying to the right of the dual carriageway until they pass Woolenwick School. As they go through the underpasses at that point they will naturally switch to the left of the dual carriageway. Continue ahead and, if they go far enough, head up Martins Way. All at a steady pace (5-6 out of 10 in terms of effort). After 20 minutes, runners turn and then aim to return to the start 1-2 minutes faster (effort level of 7-8 out of 10). This should mean that all runners finish close together.



### **Run leader notes**

Meet the runners in the car park and complete mobilisation exercises in a safe area adjacent to the car park. Take the runners out to the start area at a slow pace ensuring they all arrive together. Ensure that runners either have a watch to time the first 20 minute phase of the run or they are running with another runner who has a watch. Explain the route (it's a straightforward out and back). Explain what tempo pace is. Try and relate to other 5k running they may be doing. For example, if they are running a 5k parkrun as fast as they can, tempo pace should be equivalent to running that 5k about 2 mins slower. Count the runners taking part and set all runners off together and run near the centre of the pack. Turn and return with the runners at the front of the pack (who will now be the slower runners).

Count all runners back in to ensure all have returned. Get feedback from the runners in terms of how long it took them to get back. Was it quicker and if so by how much? Was that their tempo pace or were they running too slow or too fast.

Complete a cool down by running back to the car park slowly. Stretch off using a range of static stretches.