



## Train @ Home with Dereham Runners

Keep fit and healthy with some of these training sessions. Aim to complete at least 1 circuit training session and 1 running session a week.

- **Circuit training - HIIT**

One of the best circuit training sessions would be a [Joe Wicks video session](#), which he has been completing every morning. These are high-intensity interval training (HIIT) and will work every section of the body, and keep your heart-rate nice and high.

- **Fart-lek**

Fart-lek is Swedish for 'speed play' and is great for well, speed training as well as endurance. It's easy, and highly adaptable to suit your needs.

Pick your training location, a housing estate, long road or garden, somewhere with a decent amount of space.

You will need a stopwatch or phone with an interval timer which can beep after a set time, or a helper who can time you and shout at each segment.

**:30 seconds fast / :30 seconds slow**

**REPEAT 3 TIMES**

**: 1 minute fast / : 1 minute slow**

**REPEAT 2 TIMES**

**: 2 minutes fast / : 2 minutes slow**

*fast = 5km race pace / slow = recovery jog*

How to make it more difficult? Repeat the whole session, or make the fast run faster.

- **Tempo**

Run for a sustained period of time at the same level of effort. Maybe the easiest to write down, not always the easiest to complete.

Running at tempo isn't full on, but also isn't a light jog. You should be breathing hard and only able to speak a few words, not a full sentence.

**Warm Up: 1 mile easy**

**Tempo: 4 miles steady**

**Cool down: 1 mile easy**

How to make it more difficult? Increase your tempo distance, add another mile or 2. The most important thing is that you keep the pace consistent.

- **Sprint**

Short but maximum effort sprint training.

**Warm Up: 800m and drills**

**8x 20M accelerations, max effort from a standing start. 2 mins rest after each run.**

**4x 100M @ 70-80% effort, jog back recovery.**

**REPEAT AFTER 5 mins**

How to make it more difficult? Increase the amount of reps in the session.

- **Pyramid**

Our favourite. This session is based on time, however can easily be changed to distance. 1 minute = 100M, 3 minutes = 300M etc.

**1 minute effort, 1 minute rest**

**2 minutes effort, 2 minutes rest**

**3 minutes effort, 3 minutes rest**

**2 minutes effort, 2 minutes rest**

**1 minute effort, 1 minute rest**

**REPEAT**

How to make it more difficult? Make the pyramid bigger, repeat a couple of times.

- **Recovery**

Most likely the easiest session of them all. Go for a 20-30 min light job, talking pace. Very good after a long or hard session.