

KTC (TRACK SESSION) RUN TRAINING PROGRAMME 2025/26

Phase	Phase description	Training Block / period	Training Block description	Training focus	Typical Sessions *
Phase 1	Prepare to train (off-season)	Block 1 – Sep 2025	Preparation	Skills, technique, introduction to track intervals	Initial 3k test; technique-based drills; introduction to intervals.
Phase 1	Prepare to train (off-season)	Block 2 – Oct 2025	Endurance base	Longer sets, below threshold (Z2-LT1) using good form	Sets of 5-10mins duration with longer walking recoveries.
Phase 1	Prepare to train (off-season)	Block 3 – Nov 2025	Quality – endurance build	Medium sets moderate intensity (Z3). Aim to reduce recovery time and introduce slow jog recoveries.	Focused sets of 4-8mins duration at sub-threshold (HM pace), drills and technique as required based on observations in Block 2.
Phase 1	Prepare to train (off-season)	Block 4 – Dec 2025	Mixed	Holiday period, so more relaxed and mix of sessions	Include team games etc.
Phase 2	Train to train (pre-season)	Block 5 – Jan 2026	Preparation	Skills, introduction to short higher intensity intervals	Initial 3k test; technique-based drills; short duration intervals 30s-1min with longer jog recoveries.
Phase 2	Train to train (pre-season)	Block 6 – Feb 2026	Quality and speed skills	Short hard sets (Z5/VO2 Max) longer recoveries	Intervals of 1-2min duration based on individuals' test times, with equal or double time jog recoveries. Drills as required.
Phase 2	Train to train (pre-season)	Block 7 – Mar 2026	Quality and speed skills	Shorter faster sets (Z5/VO2 Max) longer recoveries	Intervals of 2-3min duration, with equal or double time jog recoveries. Drills as required.

Phase 2	Train to train (pre-season)	Block 8 – Apr 2026	Quality – conditioning build	Race intensity (for shorter events) sets at threshold (Z4)	Introduction to threshold pace. 3k test (convert to individuals' 10k times) Intervals of 3-4min duration at 10k pace, with 1-2min jog recoveries.
Phase 3	Train to race (race season)	Block 9 – May 2026	Quality – conditioning build	Race intensity (for shorter events) sets at threshold (Z4)	Intervals of 4-5min duration at 10k pace, with 2-3min jog recoveries.
Phase 3	Train to race (race season)	Block 10 – Jun 2026	Quality – conditioning build	Race intensity (for shorter events) sets at threshold (Z4)	Intervals of 5-6min duration at 10k pace, with 3-4min jog recoveries.
Phase 3	Train to race (race season)	Block 11 – Jul 2026	Quality – peaking	Race intensity (for longer events) sets at tempo pace (Z3), reduce recovery period.	Intervals of 6-8min duration at HM pace, with 2-3min jog recoveries.
Phase 3	Train to race (race season)	Block 12 – Aug 2026	Quality – peaking	Race intensity (for longer events) sets at tempo pace (Z3), reduce recovery period.	Intervals of 8-10min duration at HM pace, with 3-4min jog recoveries.

* Note: This is a basic overview framework for a year-long run training strategy for track sessions. The plan is based around the usual European triathlon race season but also takes account of triathletes competing in cross country events during the winter months. The plan is in three phases of four blocks each. Individual detailed sessions will be planned by the relevant coach on duty for that session based around this framework. Coaches will have discretion to change sessions from the framework or on the day.