**Training Schedule from Monday 17th Sept – Sunday 30th Sept 2018.**

**Devised by Niall Mc Gee**

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| Date | **Middle & Long-Distance Road & Track Schedule.****Key Championships Goals for 2018****Donegal Masters XC. Sun 7th Oct in Carn: 3 weeks to go!****Donegal Novice XC. Sun 14th Oct: 4 weeks to go!** | **Comments.****This schedule is only a guide. Please modify to suit your own racing goals and fitness levels.** |
| Mon 17th Sept | **30-65 minutes run in** **zone 1.**  | **Important Note.****With numerous races taking place many athletes will be adapting this schedule to suit their racing plans.****As a general rule of thumb, athletes should have a 4 to 5 day taper to races that they are targeting as major competitions.****For example, if an athlete was running a race on a Sunday, their last fast workout would be on the Tuesday prior to the race. The days leading up to & after the race would look like this:*** **Tue: Interval type session**
* **Wed: Recovery run of between 30-45 minutes**
* **Thurs: 30-40 minutes easy run to include a 10 minute w/up followed by 5 x 20 seconds strides @ 85% effort with a 40 seconds jog between each one. 10-15 minute c/d**
* **Fri: 30 minutes easy**
* **Sat: 30 minutes easy**
* **Sun: Race**
* **Mon: 30-60 minutes in zone 1**
* **Tue: As for Mon**
* **Wed: As for Tue plus 5 to 10 x 20 second strides @ 80-85%, 40 seconds jog between each one.**
* **Thurs: Resume normal training with a 30-60 minute tempo run in zone 4.**
* **Fri: 30-60 minute recovery & S&C**
* **Sat: 30-60 minute recovery run**
* **Sun: Long run in zones 1-3**

**Do 10-15 minutes of Strength & Conditioning (S&C) exercises before or after your run.****All Runners please note: As our Carn group do their interval training on a Monday & Thursday and our Buncrana group do their interval sessions on a Tuesday & Thursday, I would recommend that our Carn group do their 5-10 x 100m @ 400m speed on a Wednesday. Our Buncrana group should do their 100m runs on a Monday. This means that both groups have at least one day of recovery between these runs and interval, tempo and long runs. Towards the end of your run, include 5-10 x 100m over an accurately measured distance @ your target 400m speed that you established on Tuesday. 90 seconds to 2 minutes active recovery (jog) between each one. Allow 10 minutes at the end of your run to cool-down.** |
| Tue 18th Sept | **10 minutes warm-up & cool down in zones 1-2 for all runners followed by dynamic stretching in the warm-up and static stretching after the workout.*** **Running form drills working on proper arm action and good knee drive.**

**Senior/Adult Members.****3 session options.****Athletes returning to Fitness: An easy paced run of 3-10km or 15-60 minutes in zones 1-2.****Former Couch to 5km & Fit4Life athletes: 6-10 x 1,000m (6-10km in total) aerobic power intervals in zones 5 (a) to 5(b) or between your 5k to 10k pace. 60-90 seconds rest between each one.****Senior athletes: : 8-10 x 1,000m (8-10km in total) aerobic power intervals in zones 5 (a) to 5(b) or between your 5k to 10k pace. 60-90 seconds rest between each one.** | **Important Note:** **If you are doing this interval training using time, convert the rep distance into your 10km split. For example, if your target time for 10km is 5 minutes per km, the 1km reps would run for 5 minutes.**  |
| Wed 19th Sept  | **30-65 minutes run in** **zone 1.**  | **Do 10-15 minutes of Strength & Conditioning (S&C) exercises before or after your run.** |
| Thurs 20th Sept | **10 minutes warm-up & cool down in zone 1 for all runners followed by dynamic stretching in the warm-up and static stretching after the workout.*** **Running form drills working on proper arm action and good knee drive**

**Senior/Adult Members.****3 session options.****Athletes returning to Fitness: An easy paced run of 3-10km or 15-60 minutes in zones 1-2****Former Couch to 5km & Fit4Life athletes: 30-50 minutes continuous tempo/lactate threshold run in zone 4.****Senior athletes: 40-65 minutes continuous tempo/lactate threshold run in zone 4.** |  |
| Fri 21st Sept  | **Rest or 30-50 minutes run in zone 1.** | **Do 10-15 minutes of Strength & Conditioning (S&C) exercises before or after your run.** |
| Sat 22nd Sept | **Aerobic conditioning run as follows: 2-3 miles in zone 1 followed by 4-10 miles in zones 2-3 over rolling hills followed by 2-3 miles cool-down in zone 1. Total = 8-16 miles approx.** |  |
| Sun 23rd Sept | **30-65 minutes in zone 1.** |  |
| Mon 24th Sept | **Key Championships Goals for 2018****Donegal Masters XC. Sun 7th Oct in Carn: 2 weeks to go!****Donegal Novice XC. Sun 14th Oct: 3 weeks to go!****30-65 minutes in zone 1.** |  |
| Tue 25th Sept | **10 minutes warm-up & cool down in zone 1 for all runners followed by dynamic stretching in the warm-up and static stretching after the workout.*** **Running form drills working on proper arm action and good knee drive.**

**Senior/Adult Members.****3 session options.****Athletes returning to Fitness: An easy paced run of 3-10km or 15-60 minutes in zones 1-2****Former Couch to 5km & Fit4Life athletes: 4 x 800m, 2-3 x 1,000m, 4 x 800m (8.4-9.4km in total), aerobic power intervals in zones 5 (a) to 5(b) or between your 5k to 10k pace. 60 seconds rest between each one.****Senior athletes: 4 x 800m, 3 x 1,000m, 4 x 800m (9.4km in total), aerobic power intervals in zones 5 (a) to 5(b) or between your 5k to 10k pace. 60 seconds rest between each one.** |  |
| Wed 26th Sept | **30-65 minutes in zone 1.** | **Do 10-15 minutes of Strength & Conditioning (S&C) exercises before or after your run.** |
| Thurs 27th Sept | **10 minutes warm-up & cool down in zone 1 for all runners followed by dynamic stretching in the warm-up and static stretching after the workout.*** Running form drills working on proper arm action and good knee drive

**Senior/Adult Members.****3 session options.****Athletes returning to Fitness: An easy paced run of 3-10km or 15-60 minutes in zones 1-2.****Former Couch to 5km & Fit4Life athletes: 6-8 x 400m (2.4 - 3km in total) capacity/VO2 max session @ 1 mile to 3km pace or @ zones 5 (a) to 5 (c). 90 seconds rest between each one.****Senior athletes: 8-10 x 400m (3.2 - 4km in total) anaerobic capacity/VO2 max session @ 1 mile to 3km pace or @ zones 5 (a) to 5 (c). 90 seconds rest between each one.** |  |
| Fri 28th Sept | **Rest or 30-65 minutes in zone 1.** |  |
| Sat 29th Sept | **Aerobic conditioning run as follows: 2-3 miles in zone 1 followed by 4-10 miles over rolling hills in zone 2 to zone 3 followed by 2-3 miles cool-down in zone 1. Total = 8-16 miles approx.** |  |
| Sun 30th Sept | **30-65 minutes in zone 1.** |  |