**Juvenile Training Schedule from Monday 30th April – Sunday 13th May 2018.**

**Devised by Niall Mc Gee**

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| **Date** | **Primary School Athletes****(10 to 11 year olds)** | **Post-Primary School Athletes****12 to 14 year Olds****(4 days per Week: Mon, Tue, Thurs & Sat depending on racing schedule)**  | **Post-Primary School Athletes****15 to 17 year Olds****(5 to 6 days per Week depending on racing schedule)**  | **Comments** |
| **Mon 30th April** | Active play/other sports | 20 to 35 minutes b/tween 3 to 5 on Borg Scale & S&C exercises. | 25 to 50 minutes b/tween 3 to 5 on Borg Scale | **Warm-up for all sessions is as follows:**10-minute jog, dynamic stretching, running form drills, 4-6 x 30 m sprints.**Cool down for all sessions is as follows:**10 minute jog. Foam rolling for all post primary school athletes at home every day!Key: **S&C =** Strength & Conditioning Exercises x 2 to 3 session per week**Summary of Key workouts.****Tuesdays:** **Aerobic Power intervals** i.e. longer intervals from 600m to 1 mile run at between 3km to 5km race pace depending on age group and appropriate distance. Effort should be between 7 & 8 on Borg Scale.**Thursdays:** **Anaerobic Intervals** i.e shorter intervals from 200m to 600m run at between 800m to 1,500m (or 1 mile) race pace depending on age group and appropriate distance. Effort would be between 7 & 8 on Borg Scale**Saturdays:** **Tempo/Lactate Threshold run** i.e. a long continuous ‘steady’ aerobic run at between 6 & 8 on Borg Scale. The length of this run will be age appropriate. As a guide, I would suggest the following as a guide:* 10-11 year olds = 8 to 12 minutes
* 12-14 year olds = 12 to 15 minutes
* 15-17 year olds = 15 to 30 minutes

Any of these three main workouts (1. aerobic power intervals, 2. anaerobic intervals and 3. tempo/lactate threshold runs) can be done on hills as a ‘hill session’ or over undulating terrain once per week. The other two sessions should be done on flat or relatively flat ground.**Please Note: All three of these workouts begin with a 10-minute w/up jog and weight bearing strength & conditioning exercises and end with a 10 minute cool-down jog.** |
| **Tue 1st May**  | **1 x 500m, 2 x 800m, 1 x 500m aerobic power intervals (3.6km in total) with a 90 seconds rest b/tween each one.** | **1 x 500m, 3 x 800m, 1 x 500m aerobic power intervals (3.4 km in total) with a 90 seconds rest b/tween each one.** |  **1 x 500m, 4 x 800m, 1 x 500m aerobic power intervals (4.2 km in total) with a 90 seconds rest b/tween each one** |  |
| **Wed 2nd**  | Sportshall/track Athletics Training in Buncrana | Active play/other sports | 25 to 50 minutes b/tween 3 to 5 on Borg Scale  |  |
| **Thurs 3rd**  | Active play/other sports | **6 x 300m anaerobic power intervals (1.8k in total). 90 seconds rest b/tween each one.** | **10 x 300m anaerobic power intervals (3k in total). 90 seconds rest b/tween each one.** |  |
| **Fri 4th**  | Active play/other sports | 30 minutes easy @ 3 to 5 on Borg Scale | 45 minutes easy @ 3 to 5 on Borg Scale |  |
| **Sat 5th**  | **Track & field training in Carndonagh Community School or in Scoil Mhuire, Buncrana from 9:00 to 10:00 am** | **Track & field training in Carndonagh Community School or in Scoil Mhuire, Buncrana from 9:00 to 10:00 am or 12 to 15 minutes continuous tempo run** | **Track & field training in Carndonagh Community School or in Scoil Mhuire, Buncrana from 9:00 to 10:00 am or 15 to 30 minutes continuous tempo run** |  |
| **Sun 6th**  | Active play/other sports | Active play/other sports | 20 to 50 minutes b/tween 3 to 5 on Borg Scale |  |
| **Mon 7th May** | Active play/other sports | 20 to 35 minutes b/tween 3 to 5 on Borg Scale & S&C exercises. | 25 to 50 minutes b/tween 3 to 5 on Borg Scale |  |
| **Tue 8th**  | **2 x 1,000m & 1 x 800 aerobic power intervals (2.8km in total) with a 90 seconds rest b/tween each one** | **3 x 1,000m, & 1 x 800, & 1 x 600m aerobic power intervals (4.4km in total) with a 90 seconds rest b/tween each one** | **4 x 1,000m, & 2 x 600m aerobic power intervals (5.2km in total) with a 90 seconds rest b/tween each one** | **Post-Primary School athletes who are doing the Donegal Schools’ track & field on Thursday** should to a 10 minute jog w/up, 5 x 20 seconds strides with a 40 seconds jog between each one. 10 minutes cool-down. |
| **Wed 9th**  | Sportshall/Track Athletics Training in Buncrana | 20 to 35 minutes b/tween 3 to 5 on Borg Scale | 25 to 50 minutes b/tween 3 to 5 on Borg Scale | **Post-Primary School athletes who are doing the Donegal Schools’ track & field on Thursday: 20 minutes easy** |
| **Thurs 10th**  | Active play/other sports | **2 x 200m 2 x 300m, 1 x 500m, 2 x 300m, 2 x 200m anaerobic power intervals (2.5km in total). 90 seconds rest b/tween each one.** |  **2 x 200m 2 x 300m, 2 x 500m, 2 x 300m, 2 x 200m anaerobic power intervals (3k in total). 90 seconds rest b/tween each one.** | Best of luck to all our athletes in the Donegal Post-Primary Schools’ track & field. |
| **Fri 11th**  | Active play/other sports | 20 to 35 minutes b/tween 3 to 5 on Borg Scale. | 25 to 50 minutes b/tween 3 to 5 on Borg Scale |  |
| **Sat 12th**  | **Track & field training in Carndonagh Community School or in Scoil Mhuire, Buncrana from 9:00 to 10:00 am** | **Track & field training in Carndonagh Community School or in Scoil Mhuire, Buncrana from 9:00 to 10:00 am or 12 to 15 minutes continuous tempo run** | **Track & field training in Carndonagh Community School or in Scoil Mhuire, Buncrana from 9:00 to 10:00 am or 15 to 30 minutes continuous tempo run** |  |
| **Sun 13th May**  | Active play/other sports | Active play/other sports | 25 to 50 minutes b/tween 3 to 5 on Borg Scale |  |