**Training Schedule from Monday 15th Oct – Sunday 28th Oct 2018.**

**Devised by Niall Mc Gee**

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| Date | **Middle & Long-Distance Road & Track Schedule.****Key Championships Goals for 2018****Donegal Senior XC. Sun 4th Nov in Stranorlar: 3 Weeks to go.**  | **Comments.****This schedule is only a guide. Please modify to suit your own racing goals and fitness levels.** |
| Mon 15th Oct | **30-65 minutes run in** **zone 1.**  | **Important Note.****As a general rule of thumb, athletes should have a 3 to 5 day taper & recovery time before & after to races that they are targeting as major competitions.****Donegal Novice XC Runners: Easy runs of between 30-50 minutes from Monday to Wednesday. No S&C work Mon & Tue. Resume S&C work on Wed****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 16th Oct | **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: 5-6 x 1km followed by 6-10 x 400m (7.4 to 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: 5-6 x 1km followed by 6-10 x 400m (7.4 to 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 17th Oct  | **30-65 minutes run in** **zone 1.**  | **Do 10-15 minutes of Strength & Conditioning (S&C) exercises before or after your run.** |
| Thurs 18th Oct | **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.** | **Donegal Novice XC Runners****Resume normal training with this tempo workout.**  |
| Fri 19th Oct | **Rest or 30-50 minutes run in zone 1.** |  |
| Sat 20th Oct | **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 21st Oct | **30-65 minutes in zone 1.** |  |
| Mon 22nd Oct | **Key Championships Goals for 2018****Donegal Senior XC. Sun 4th Nov in Stranorlar: 2 Weeks to go.** **30-65 minutes in zone 1.** |  |
| Tue 23rd Oct | **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: 3-4 x 800m, 3-4 x 1,000, & 3-4 x 800m (7.8 to 10.4km 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: 3-4 x 800m, 3-4 x 1,000, & 3-4 x 800m (7.8 to 10.4km 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 24th Oct | **30-65 minutes in zone 1.** | **Do 10-15 minutes of Strength & Conditioning (S&C) exercises before or after your run.** |
| Thurs 25th Oct | **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 400m, 1 x 600m (optional) & 4 x 400m (3.2 – 3.6km 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: 4 x 400m, 1 x 600m & 4 x 400m (3.6km in total) capacity/VO2 max session @ 1 mile to 3km pace or @ zones 5 (a) to 5 (c). 90 seconds rest between each one.** |  |
| Fri 26th Oct | **Rest or 30-65 minutes in zone 1.** |  |
| Sat 27th Oct | **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 28th Oct | **30-65 minutes in zone 1.** |  |