**Training Schedule from Monday 10th Dec – Sunday 23rd Dec 2018.**

**Devised by Niall Mc Gee**

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| Date | **Middle & Long-Distance Road & Cross-Country Schedule.**  **Key Championships Goals for 2018**  **National Novice XC, Navan: 1 Week to go!** | **Comments.**  **This schedule is only a guide. Please modify to suit your own racing goals and fitness levels.** |
| Mon 10th Dec | **30-65 minutes run in** **zone 1.** | **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 11th Dec | **10 minutes warm-up & cool down in zones 1-2 for all runners followed by dynamic stretching.**   * **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: 3-5 x 2km aerobic power intervals in zones 5 (a) to 5(b) or between your 5k to 10k pace. 60-90 seconds rest between each one. (6km to 10km in total). 60-90 seconds rest between each one.**  **Senior athletes: 4-5 x 2km aerobic power intervals in zones 5 (a) to 5(b) or between your 5k to 10k pace (8km to 10km in total) 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.**  **National Novice & North West XC Runners do the full session here.** |
| Wed 12th Dec | **30-65 minutes run in** **zone 1.** | **Do 10-15 minutes of Strength & Conditioning (S&C) exercises before or after your run.** |
| Thurs 13th Dec | **10 minutes warm-up & cool down in zone 1 for all runners followed by dynamic stretching.**   * **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.** | **National Novice & North West XC Runners: 30 minutes consisting of a 10 min w/up followed by 10 x 20 seconds @ 85% effort with a 40 seconds jog between each one. 10 minutes c/d.** |
| Fri 14th Dec | **Rest or 30-50 minutes run in zone 1.** | **National Novice & North West XC Runners: 30 minutes easy** |
| Sat 15th Dec | **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.** | **North West XC: Best of luck to all our runners.**  **National Novice: 30 minutes easy.** |
| Sun 16th Dec | **30-65 minutes in zone 1.** | **National Novice XC: Best of luck to all our runners** |
| Mon 17th Dec | **Key Championships Goals for 2018**  **30-65 minutes in zone 1.** | **National Novice & North West XC Runners: Easy runs of between 30-50 minutes from Sun to Wed.** |
| Tue 18th Dec | **10 minutes warm-up & cool down in zone 1 for all runners followed by dynamic stretching.**   * **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 on the flat, 1-3 x 800m hill reps (400m up, 400m down), 4 x 800m (7.2 to 8.8 km) 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: 5 x 800m, 2-3 x 800m hill reps (400m up, 400m down), 5 x 800m (9.6 to 10.4 km) aerobic power intervals in zones 5 (a) to 5(b) or between your 5k to 10k pace. 60 seconds rest between each one.** |  |
| Wed 19th Dec | **30-65 minutes in zone 1.** |  |
| Thurs 20th Dec | **10 minutes warm-up & cool down in zone 1 for all runners followed by dynamic stretching.**   * 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 on the flat 400m, 4 x 400m hill (200m ascending, 200m descending), 4 x 400m on the flat (4.8km 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 on the flat 400m, 4 x 400m hill (200m ascending, 200m descending), 4 x 400m on the flat (4.8km 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 21st Dec | **Rest or 30-65 minutes in zone 1.** |  |
| Sat 22nd Dec | **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 23rd Dec | **30-65 minutes in zone 1.** |  |