



**INISHOWEN
ATHLETICS CLUB**

Est. 2001

Long Term Coaching Plan

March 2017

Overview

1. Goal Setting
2. Planning & Periodisation
3. Perceived Rate of Exertion (BORG Scale) & Heart Rate Training Zones
4. Daily & Weekly Training

Overview

5. Recording all training & Performances

6. Strength & Conditioning (S&C)

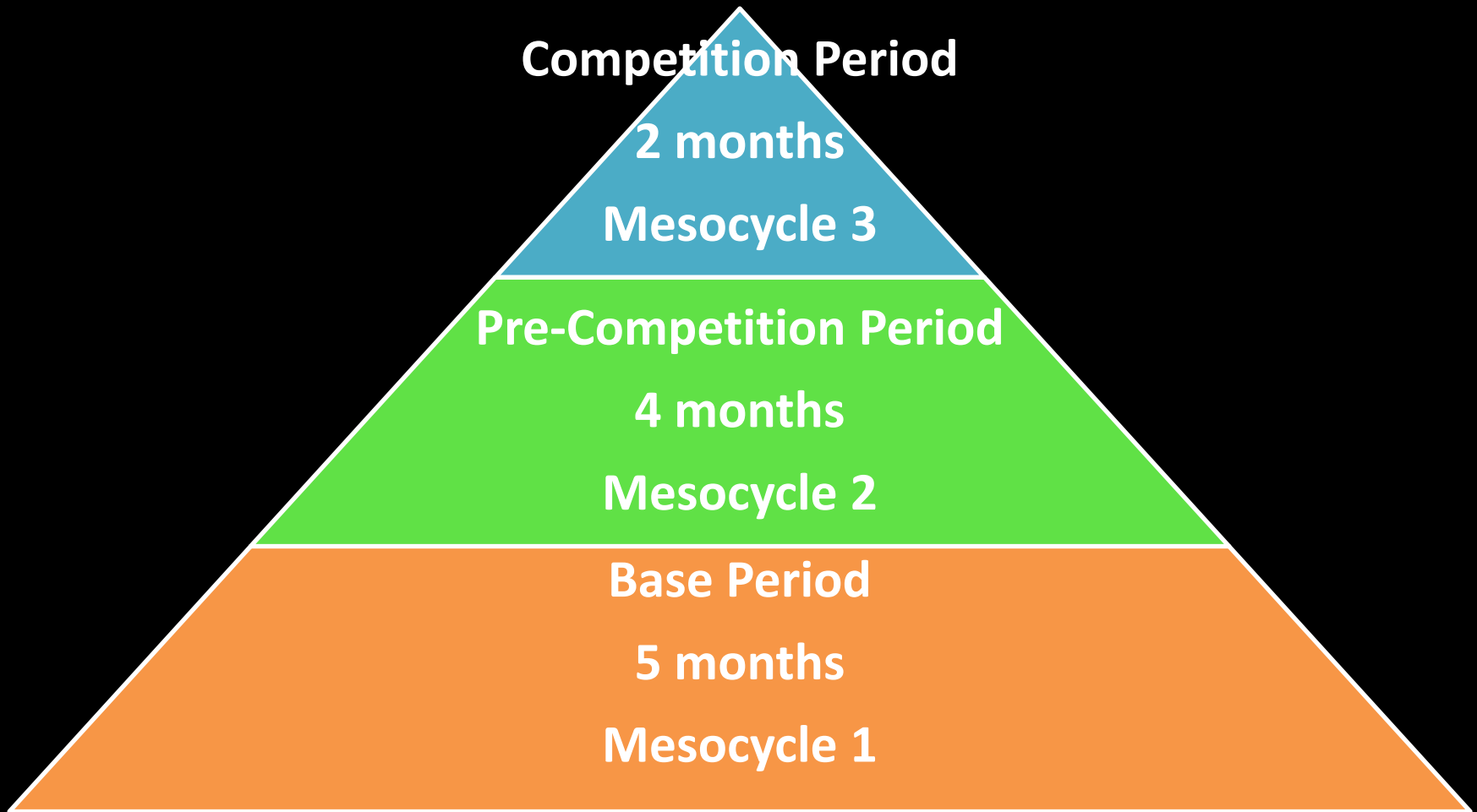
7. Health Issues

8. The 3 R's of Recovery: Rest, Rehydration & Refuelling (Diet)

1. Goal Setting

- S: Specific
- M: Measurable
- A: Attainable
- R: Realistic
- T: Time-Frame
- E: Exciting/Challenging
- R: Recorded

2. Planning & Periodisation



3. Rate of Perceived Exertion (BORG) Scale

RATING OF PERCEIVED EXERTION (RPE)

Borg's Scale	(Gunner borg 1982):	Modified Borg Scale:
6-		0- at rest
7- very, very light		1- very easy
8-		2- somewhat easy
9- very light		3- moderate
10-		4- somewhat hard
11- fairly light		5- hard
12-		6-
13- somewhat hard		7- very hard
14-		8-
15- hard		9-
16-		10- very, very hard
17- very hard		
18-		
19- very, very hard		
20-		

3. Heart Rate Training Zones & PRE

Zone	PRE	% Effort	Description
1	6-9	50-65%	Recovery/Easy/ Warm up & Cool down
2	10-12	65-70%	Endurance/Long Runs
3	13-14	70-75%	Steady Pace/Medium & Long Runs
4	15-16	75-85%	Tempo/Lactate Threshold: 10 mile to half marathon
5 (a)	16-17	85-90%	10km Pace/Effort
5 (b)	17-18	85-95%	5km Pace/Effort
5 (c)	17-20	95% -100%	3km Pace/Effort & Faster

2. Planning & Periodisation

- **Base Period**
- First 2 months: Aerobic workouts in zones 1-4 or 6-15 on BORG Scale
- Second 3 months: Aerobic and Anaerobic workouts in zones 1-5 (a) or 6-16 on BORG Scale

2. Planning & Periodisation

- **Pre-Competition Period**
- First 2 months: Aerobic & Anaerobic workouts in zones 1-5 (a) or 6-16 on BORG Scale
- Second 2 months: Depending on Event(s) Aerobic and Anaerobic workouts in zones 1-5 (a-c) or 6-18 on BORG Scale

2. Planning & Periodisation

- **Competition Period**
- Aerobic & Anaerobic workouts in zones 1-5 (c) or 6-18 on BORG Scale
- Event specific workouts

4. Sample Weekly Training Schedule for Middle/Long Distance Runner.

- M: 15-45 minutes in zone 1 or 6-11 on BORG Scale & **S&C**
- T: 3-5 X 5 minutes in zones 4-5 (a) or 12-15
PRE
- W: 15-45 minutes in zone 1 OR 6-11 or BORG Scale & **S&C**

4. Sample Weekly Training Schedule for Middle/Long Distance Run.

- Thur: 15-20 minutes tempo run in zone 4 or 12-15 on BORG Scale
- Fri: Rest or 30 minutes in zone 1 or 6-11 on BORG Scale
- Sat: 40-45 minutes in zone 1 or 6-11 on BORG Scale **& S&C**
- Sun: 45-75 minutes in zones 1-3 or 6-13 on BORG Scale

5. Recording

- Take Responsibility for your training & performances
- Keep a daily training diary
- Record ALL performances
- Helps to chart progress
- Essential for future planning & goal setting.

6. Strength & Conditioning (S&C)

- Critically important
- Helps muscular imbalances
- Prevents injuries
- Proper Technique
- Perform Slowly
- Full Recovery

7. Health Issues

- Annual medical check & screening
- Cholesterol levels < 5.0
- Blood Pressure
- Iron levels > 13.5 mmol
- Sugar levels
- Bone density

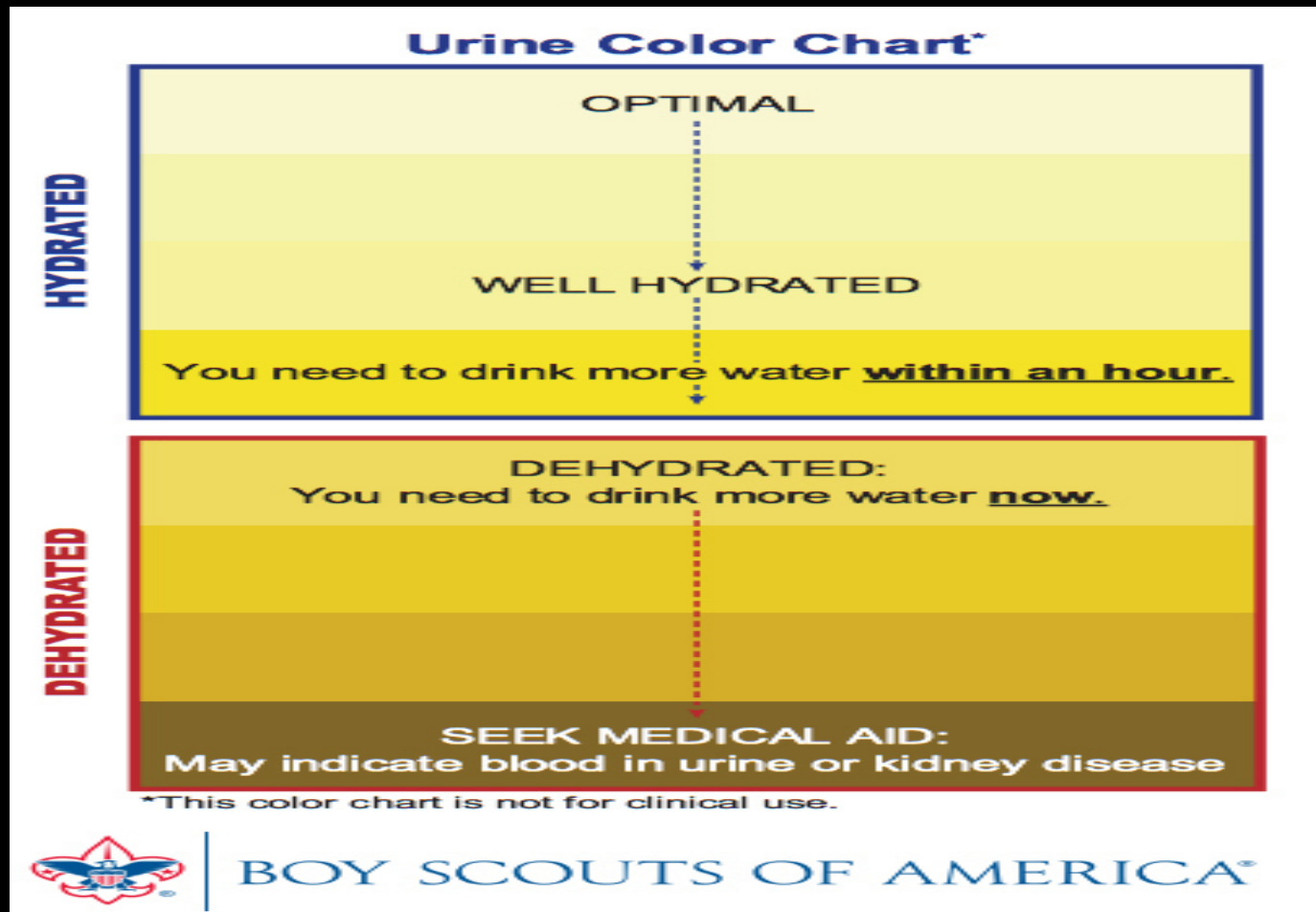
7. Health Issues

- Injury prevention: Encourage the wearing of minimalist footwear. See '*Born to Run*' by Christopher Mc Dougall
- Mental & Emotional Health: Wellbeing
- Minimalist footwear – gradual process
- Appropriate mobile phone use: switch off 30-45 minutes before going to sleep.

8. The 3 R's of Recovery

- 1. **Rest** – Sleep/Relaxation/Foam Rolling/Massage/Avoid overtraining & undertraining!
- 2. **Refuelling** – Nutritious, balanced diet. Eliminate the intake of refined sugar.
- 3. **Rehydration** – Appropriate fluid intake. Urine colour – see next slide.

8. The 3 R's of Recovery



Take Home Messages

1. Goal Setting
2. Planning
3. PRE (BORG) Scale & HR Training Zones
4. Daily Training
5. Recording Training & Performances
6. S&C
7. Health Issues
8. Recovery: 3 R's