**Juvenile Training Schedule from Monday 6th Aug – Sunday 19th Aug 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 6th Aug** | 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 7th Aug** | Active play/other sports | **2-3 x 1,000m aerobic power intervals (3.2 km in total) with a 90 seconds rest b/tween each one.** | **4-5 x 1,000m aerobic power intervals (4.8 km in total) with a 90 seconds rest b/tween each one** |  |
| **Wed 8th Aug** | Active play/other sports | Active play/other sports | 25 to 50 minutes b/tween 3 to 5 on Borg Scale |  |
| **Thurs 9th Aug** | Active play/other sports | **5-6 x 300m anaerobic power intervals (1.8k in total). 90 seconds rest b/tween each one.** | **6-8 x 300m anaerobic power intervals (2.4k in total). 90 seconds rest b/tween each one.** |  |
| **Fri 10th Aug** | Active play/other sports | 30 minutes easy @ 3 to 5 on Borg Scale | 45 minutes easy @ 3 to 5 on Borg Scale |  |
| **Sat 11th Aug** | **Juvenile 1 mile @ the Clonmany Festival.**  **Registration in the Youth Club from 9:45.**  **1 mile @ 10:15 for under 10, 12, 14 boys & girls.** | **Juvenile 1 mile @ the Clonmany Festival.**  **Registration in the Youth Club from 9:45.**  **1 mile @ 10:15**  **5km @ 11:00 am** | **Juvenile 1 mile @ the Clonmany Festival.**  **Registration in the Youth Club from 9:45.**  **1 mile @ 10:15**  **5km @ 11:00 am** |  |
| **Sun 12th Aug** | Active play/other sports | Active play/other sports | Rest |  |
| **Mon 13th Aug** | 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 14th Aug** | Active play/other sports | **2 x 600m, 1 x 800, 2 x 600m aerobic power intervals (3.2 km in total) with a 90 seconds rest b/tween each one.** | **3 x 600m, 2 x 800, 3 x 600m aerobic power intervals (5.2 km in total) with a 90 seconds rest b/tween each one.** |  |
| **Wed 15th Aug** | Active play/other sports | Active play/other sports | 25 to 50 minutes b/tween 3 to 5 on Borg Scale |  |
| **Thurs 16th Aug** | Active play/other sports | **2 x 200m, 2 x 300m, 2 x 200m anaerobic power intervals (1.4k in total). 90 seconds rest b/tween each one.** | **3 x 200m, 3 x 300m, 3 x 200m anaerobic power intervals (2.1k in total). 90 seconds rest b/tween each one.** |  |
| **Fri 17th Aug** | Active play/other sports | 20 to 35 minutes b/tween 3 to 5 on Borg Scale & S&C exercises. |  |  |
| **Sat 18th Aug** | **Cross-country training in Carndonagh Community School from 9:00 am to 10:15** | **Cross-country training in Carndonagh Community School from 9:00 am to 10:15** | **Cross-country training in Carndonagh Community School from 9:00 am to 10:15** |  |
| **Sun 19th Aug** | Active play/other sports | Active play/other sports | Rest |  |