**Fit4Life & Senior Athletes Training Schedule from Monday 7th Jan – Sunday 20th Jan 2019.**

**Devised by Niall Mc Gee**

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| Date | **Middle & Long-Distance Road, Cross-Country & Track Schedule.****Key Championships Goals in 2019*** **Sat 26th Jan: Ulster/NI Intermediate & Masters XC, Belfast. 3 weeks to go.**
* **Sun 3rd Feb: National Intermediate & Masters XC, Dundalk. 4 weeks to go.**
* **Sat 23rd Feb: Ulster/NI Senior XC. Lurgan. 6 weeks to go.**
* **Sun 14th April: National 10km RR, Dublin. 13 weeks to go.**
 | **Comments.****This schedule is only a guide. Please modify to suit your own racing goals and fitness levels.** |
| Mon 7th Jan | **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 8th Jan | **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: 2-5 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. (4-10km in total). 60-90 seconds rest between each one.****Senior athletes: 3-5 x 2km aerobic power intervals in zones 5 (a) to 5(b) or between your 5k to 10k pace (6-10km 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.**  |
| Wed 9th Jan  | **30-65 minutes run in** **zone 1.**  | **Do 10-15 minutes of Strength & Conditioning (S&C) exercises before or after your run.** |
| Thurs 10th Jan | **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.** | **Please Note: This tempo run can also be done in intervals. For example, if you normally do a 50-minute tempo run you could do one of the following options:*** **2 x 25 minutes with a 2-minute jog in zone 1 for recovery.**
* **5 x 10 minutes with a 1-minute jog in zone 1 for recovery.**
* **1 x 20 minutes & 2 x 15 minutes with a 2-minute jog in zone 1 for recovery.**
* **10 x 5 minutes with a 1-minute jog in zone 1 for recovery.**
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| Fri 11th Jan | **Rest or 30-50 minutes run in zone 1.** |  |
| Sat 12th Jan | **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 13th Jan | **30-65 minutes in zone 1.** |  |
| Mon 14th Jan | **Middle & Long-Distance Road, Cross-Country & Track Schedule.****Key Championships Goals in 2019*** **Sat 26th Jan: Ulster/NI Intermediate & Masters XC, Belfast. 2 weeks to go.**
* **Sun 3rd Feb: National Intermediate & Masters XC, Dundalk. 3 weeks to go.**
* **Sat 23rd Feb: Ulster/NI Senior XC. Lurgan. 5 weeks to go.**
* **Sun 14th April: National 10km RR, Dublin. 12 weeks to go.**

**30-65 minutes in zone 1.** |  |
| Tue 15th Jan | **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: 4-7 x 1,000m hill reps (500m up, 500m down), 4 x 800m (4km to 7 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: 5-9 x 1,000m hill reps (500m up, 500m down) (5km to 9km) aerobic power intervals in zones 5 (a) to 5(b) or between your 5k to 10k pace. 60 seconds rest between each one.** |  |
| Wed 16th Jan | **30-65 minutes in zone 1.** |  |
| Thurs 17th Jan | **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: 5-8 x 600m on hills (300m ascending, 300m descending) (3km to 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: 6-10 x 600m on hills (300m ascending, 300m descending) (3.6km to 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 18th Jan | **Rest or 30-65 minutes in zone 1.** |  |
| Sat 19th Jan | **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 20th Jan | **30-65 minutes in zone 1.** |  |