

Training Schedule from Monday 2nd April – Sunday 22nd April 2018.

Devised by Niall Mc Gee

Date	Middle & Long-Distance Winter Road & Cross-Country Schedule. Key Championships Goals for 2018 <ul style="list-style-type: none">• National 10km Road Race: Sun 15th April	Comments. This schedule is only a guide. Please modify to suit your own racing goals and fitness levels.
Mon 2 nd April	30-65 minutes run in zone 1.	Important Note. With numerous road races taking place in the coming weeks and months, many athletes will be adapting this schedule to suit their racing plans. As a general rule of thumb, athletes should have a 4 to 5 day taper to races that they are targeting as major competitions. For example, if an athlete was running a race on a Sunday,

		<p>their last fast workout would be on the Tuesday prior to the race. The days leading up to & after the race would look like this:</p> <ul style="list-style-type: none"> • Tue: Interval type session • Wed: Recovery run of between 30-45 minutes • Thurs: 30-40 minutes easy run to include a 10 minute w/up followed by 5 x 20 seconds strides @ 85% effort with a 40 seconds jog between each one. 10-15 minute c/d • Fri: 30 minutes easy • Sat: 30 minutes easy • Sun: Race • Mon: 30-60 minutes in zone 1 • Tue: As for Mon • Wed: As for Tue plus 5 to 10 x 20 second strides @ 80-85%, 40
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		<p>seconds jog between each one.</p> <ul style="list-style-type: none"> • Thurs: Resume normal training with a 30-60 minute tempo run in zone 4. • Fri: 30-60 minute recovery & S&C • Sat: 30-60 minute recovery run • Sun: Long run in zones 1-3 <p>Do 10-15 minutes of Strength & Conditioning (S&C) exercises before or after your run.</p> <p>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 @</p>
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		<p>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.</p>
Tue 3 rd April	<p>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.</p> <ul style="list-style-type: none"> • Running form drills working on proper arm action and good knee drive. <p>Senior/Adult Members. 3 session options. Athletes returning to Fitness: An easy paced run of</p>	<p>If you are doing this interval training using time, convert the rep distance into your approx. 10km split. For example, if your target time for 10km is 5 minutes per km, the 1km reps would run for 5 minutes.</p>

	<p>3-10km or 15-60 minutes in zones 1-2.</p> <p>Former Couch to 5km & Fit4Life athletes: 2 x 800m, 2 x 1000m, 1 x 2000m (optional) 2 x 1000m, 2 x 800m (8.2 to 9.2km in total) aerobic power intervals in zones 5 (a) to 5(b) or between your 5k to 10k pace. 90 seconds rest between each one.</p> <p>Senior athletes: 2 x 800m, 2 x 1000m, 1 x 2000m, 2 x 1000m, 2 x 800m (9.2km 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.</p>	
Wed 4 th	30-65 minutes run in zone 1.	Do 10-15 minutes of Strength & Conditioning (S&C) exercises before or after your run.
Thurs 5 th	<p>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.</p> <ul style="list-style-type: none"> Running form drills working on proper arm action and good knee drive <p>Senior/Adult Members.</p> <p>3 session options.</p> <p>Athletes returning to Fitness: An easy paced run of</p>	

	<p>3-10km or 15-60 minutes in zones 1-2</p> <p>Former Couch to 5km & Fit4Life athletes: 30-50 minutes continuous tempo/lactate threshold run in zone 4.</p> <p>Senior athletes: 40-65 minutes continuous tempo/lactate threshold run in zone 4.</p>	
Fri 6 th	Rest or 30-50 minutes run in zone 1.	Do 10-15 minutes of Strength & Conditioning (S&C) exercises before or after your run.
Sat 7 th	<p>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.</p> <p>Total = 8-16 miles approx.</p>	
Sun 8 th	30-65 minutes in zone 1.	
Mon 9 th April	<p>Key Championships Goals for 2018</p> <ul style="list-style-type: none"> National 10km Road Race: Sun 15th April <p>30-65 minutes in zone 1.</p>	
Tue 10 th	<p>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.</p> <ul style="list-style-type: none"> Running form drills working on proper arm action and good knee drive. <p>Senior/Adult Members.</p>	<p>National 10km Runners</p> <p>Reduce the volume of this session by 50%</p>

	<p>3 session options.</p> <p>Athletes returning to Fitness: An easy paced run of 3-10km or 15-60 minutes in zones 1-2</p> <p>Former Couch to 5km & Fit4Life athletes: 2 x 600m, 2 x 1,200m, 1 x 1,600m (optional) 2 x 1,200m, 2 x 600m (7.2 to 8.8km in total) aerobic aerobic power intervals in zones 5 (a) to 5(b) or between your 5k to 10k pace. 60 seconds rest between each one.</p> <p>Senior athletes: 2 x 600m, 2 x 1,200m, 1 x 1,600m, 2 x 1,200m, 2 x 600m (8.8km in total) aerobic aerobic power intervals in zones 5 (a) to 5(b) or between your 5k to 10k pace. 60 seconds rest between each one.</p>	
Wed 11 th	30-65 minutes in zone 1.	Do 10-15 minutes of Strength & Conditioning (S&C) exercises before or after your run.
Thurs 12 th	<p>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.</p> <ul style="list-style-type: none"> Running form drills working on proper arm action and good knee drive <p>Senior/Adult Members.</p>	<p>National 10km Runners</p> <p>40 minute run in zone 1 to be run as follows:</p> <p>15 minutes w/up in zone 1 followed by 5 to 10 x 20 seconds strides @ 85% effort, 40 seconds jog between each one in zone 1. 15 minutes c/d in zone 1.</p>

	<p>3 session options.</p> <p>Athletes returning to Fitness: An easy paced run of 3-10km or 15-60 minutes in zones 1-2.</p> <p>Former Couch to 5km & Fit4Life athletes: 5 x 600m (3 km in total) capacity/VO2 max session @ 1 mile to 3km pace or @ zones 5 (a) to 5 (c). 90 seconds rest between each one.</p> <p>Senior athletes: 6 x 600m (3.6 km in total) anaerobic capacity/VO2 max session @ 1 mile to 3km pace or @ zones 5 (a) to 5 (c). 90 seconds rest between each one.</p>	<p>These strides should a 'zip' and sharpness to your legs as you taper down for the 10km on Sunday.</p>
Fri 13 th	<p>Rest or 30-65 minutes in zone 1.</p>	<p>National 10km Runners 40 minute run in zone 1. No S&C</p> <p>Do 10-15 minutes of Strength & Conditioning (S&C) exercises before or after your run.</p>

Sat 14 th	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.	National 10km Runners 30 minute run in zone 1.
Sun 15 th	30-65 minutes in zone 1.	National 10km Road Race. Phoenix Park. The very best of luck to all our runners.
Mon 16 th April	30-65 minutes in zone 1.	National 10km Runners 30-45 minute run in zone 1.
Tue 17 th	<p>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.</p> <ul style="list-style-type: none"> Running form drills working on proper arm action and good knee drive. <p>Senior/Adult Members. 3 session options.</p> <p>Athletes returning to Fitness: An easy paced run of 3-10km or 15-60 minutes in zones 1-2</p> <p>Former Couch to 5km & Fit4Life athletes: 2 x 600m, 2 x 1,200m, 1 x 1,600m (optional) 2 x 1,200m, 2 x 600m (7.2 to 8.8km in total) aerobic aerobic power intervals in zones 5 (a) to 5(b) or between your 5k to</p>	National 10km Runners 30-65 minute run in zone 1.

	<p>10k pace. 60 seconds rest between each one.</p> <p>Senior athletes: 2 x 600m, 2 x 1,200m, 1 x 1,600m, 2 x 1,200m, 2 x 600m (8.8km in total) aerobic aerobic power intervals in zones 5 (a) to 5(b) or between your 5k to 10k pace. 60 seconds rest between each one.</p>	
Wed 18 th	30-65 minutes in zone 1 .	<p>National 10km Runners</p> <p>30-65 minute run in zone 1.</p>
Thurs 19 th	<p>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.</p> <ul style="list-style-type: none"> • Running form drills working on proper arm action and good knee drive <p>Senior/Adult Members.</p> <p>3 session options.</p> <p>Athletes returning to Fitness: An easy paced run of 3-10km or 15-60 minutes in zones 1-2</p> <p>Former Couch to 5km & Fit4Life athletes: 30-50 minutes continuous tempo/lactate threshold run in zone 4.</p> <p>Senior athletes: 40-65 minutes continuous tempo/lactate threshold run in zone 4.</p>	<p>National 10km Runners</p> <p>If you feel fully recovered, resume normal training today with a 30-65 minute tempo run.</p>
Fri 20 th	Rest or 30-65 minutes in zone 1 .	

Sat 21 st	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 22 nd	30-65 minutes in zone 1.	