**Juvenile Training Schedule from Monday 25th June – Sunday 8th July 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 25th June** | 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 26th June** | **2 x 500m, 1 x 1,000m, 2 x 500m aerobic power intervals (3.0km in total) with a 90 seconds rest b/tween each one.** | **2 x 500m, 2 x 1, 000m, 2 x 500m aerobic power intervals (4.0 km in total) with a 90 seconds rest b/tween each one.** | **2 x 500m, 3 x 1,000m, 2 x 500m aerobic power intervals (5.0 km in total) with a 90 seconds rest b/tween each one** |  |
| **Wed 27th June** |  | Active play/other sports | 25 to 50 minutes b/tween 3 to 5 on Borg Scale |  |
| **Thurs 28th June** | 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.** | **4 x 200m, 4 x 300m, 4 x 200m anaerobic power intervals (2.8k in total). 90 seconds rest b/tween each one.** |  |
| **Fri 29th June** | Active play/other sports | 30 minutes easy @ 3 to 5 on Borg Scale | 45 minutes easy @ 3 to 5 on Borg Scale |  |
| **Sat 30th June** |  | **12 to 15 minutes continuous tempo run** | **15 to 30 minutes continuous tempo run** |  |
| **Sun 1st July** | Active play/other sports | Active play/other sports | 20 to 50 minutes b/tween 3 to 5 on Borg Scale |  |
| **Mon 2nd July** | 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 3rd July** | **2 x 600m, 1 x 1,000m, 2 x 500m aerobic power intervals (3.4 km in total) with a 90 seconds rest b/tween each one.** | **2 x 600m, 2 x 1, 000m, 2 x 600m aerobic power intervals (4.4 km in total) with a 90 seconds rest b/tween each one.** | **2 x 600m, 3 x 1,000m, 2 x 600m aerobic power intervals (5.4 km in total) with a 90 seconds rest b/tween each one** |  |
| **Wed 4th July** |  | Active play/other sports | 25 to 50 minutes b/tween 3 to 5 on Borg Scale |  |
| **Thurs 5th July** | 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.** | **4 x 200m, 4 x 300m, 4 x 200m anaerobic power intervals (2.8k in total). 90 seconds rest b/tween each one.** |  |
| **Fri 6th July** |  | 30 minutes easy @ 3 to 5 on Borg Scale | 40 minutes easy @ 3 to 5 on Borg Scale |  |
| **Sat 7th July** |  | **12 to 15 minutes continuous tempo run** | **15 to 30 minutes continuous tempo run** |  |
| **Sun 8th July** | Active play/other sports | Active play/other sports | 20 to 50 minutes b/tween 3 to 5 on Borg Scale |  |