**Training Schedule from Monday 24th Dec ‘18 – Sunday 6th Jan 2019.**

**Devised by Niall Mc Gee**

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| Date | **Middle & Long-Distance Road & Cross-Country Schedule.** | **Comments.**  **This schedule is only a guide. Please modify to suit your own racing goals and fitness levels.** |
| Mon 24th Dec | **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 25th Dec | **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: 1km, 2km, 3km, 2km, 1km aerobic power intervals in zones 5 (a) to 5(b) or between your 5k to 10k pace. 60-90 seconds rest between each one. (9km in total). 60-90 seconds rest between each one.**  **Senior athletes: 2km, 3km, 3km, 2km aerobic power intervals in zones 5 (a) to 5(b) or between your 5k to 10k pace (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 26th Dec | **30-65 minutes run in** **zone 1.** | **Do 10-15 minutes of Strength & Conditioning (S&C) exercises before or after your run.** |
| Thurs 27th Dec | **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.** |
| Fri 28th Dec | **Rest or 30-50 minutes run in zone 1.** |  |
| Sat 29th Dec | **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 30th Dec | **30-65 minutes in zone 1.** |  |
| Mon 31st Dec | **30-65 minutes in zone 1.** |  |
| Tue 1st Jan 2019 | **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 2nd Jan | **30-65 minutes in zone 1.** |  |
| Thurs 3rd 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 4th Jan | **Rest or 30-65 minutes in zone 1.** |  |
| Sat 5th 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 6th Jan | **30-65 minutes in zone 1.** |  |