

Run Sets Week Commencing 13-10-2014

Run: Track Aerobic conditioning 3

Duration (P):1hr

Distance (P):9.8 kilometres

Workout Description:

Warm up

4 Laps of the track Easy

Mobility work

Technique

1 lap stride count

1 lap increased stride count

1 lap striding 45 strides per 15 secs (180/sec)

1000m (threshold)

200m walk out

800m (threshold)

200m walk out

600m (threshold)

200m walk out

400m (threshold)

200m walk out

600m (threshold)

200m walk out

800m (threshold)

200m walk out

1000m (threshold)

200m walk out

400m Easy

Static stretching

Run: Cross Country training (Recovery/Base)

Duration (P):1hr

Distance (P):10.5 kilometers

Workout Description:

This is an aerobic run, designed to work at Endurance pace (L2). This run will help with recovery and tendon and Muscle strengthening by running on uneven soft ground reducing impact and RSI.

10mins Easy (L1)

Remainder of 10k at Endurance pace (L2)

Easy 500m jog

Static Stretching

MedwayTri Session Plans

Run: 20 min Easy Run

Duration (P):0:20mins

Workout Description:

20mins Easy running

The purpose of this session is to promote aerobic efficiency and to aid active recovery. Your effort level is set according to your heart rate, pace (from your VDOT results) or rate of perceived exertion as shown by the following ranges;(On flat terrain, intensity will equal your pace as determined by your VDOT, e.g. Threshold Intensity = Threshold Pace)

Level 1 (L1) Walking/Jog, 0-68% LTHR, 0-2 RPE

Level 2 (L2) Easy pace, 69-83% LTHR, 2-3 RPE

Level 3 (L3) Marathon pace, 84-94% LTHR, 3-4 RPE

Level 4 (L4) Threshold pace, 95-105% LTHR, 4-5 RPE

Level 5 (L5) Interval pace, <106%; LTHR, 6-7 RPE

Level 6 (L6) Repetition pace, >106%; LTHR, 7-10 RPE

Level 7 (L7) Max Effort

Warm Up:

Jog easily (L1) for about 5 minutes as your systems wake up.

Main Set:

Run at Easy Intensity (L2) for the rest of the session.

Aim to focus on breathing and technique as you are running. In this session it is key to hold the Easy Intensity whether you are going uphill or downhill or along the flat.

Cool Down:

Stretching and then compression and ice if necessary

Run: Track Aerobic conditioning 4

Duration (P):1hr

Distance (P):9.6 kilometres

Workout Description:

Warm up

4 Laps of the track Easy

Mobility work

Technique

1 lap stride count

1 lap increased stride count

1 lap striding 45 strides per 15 secs (180/sec)

Main Set

pyramid sets (400m/800m/1200m/1600m/1200m/800m/400m) keep the pace consistent, Aerobic pace

400m Easy

Static stretching