

Run Sets Week Commencing 20-10-2014

Monday Run : Track Aerobic conditioning 5

Duration (P):1:00:00

Distance (P):8.5 kilometers

Workout Description:

Warm Up

10 mins at easy pace

Mobility (5 mins)

Drills (5 mins)

Run laps with drills on straights – High knee – High heel – kick out touch toe – straight legs – run backwards – heel drive.

Main set (30 mins)

400m Threshold

400m Easy

800m Threshold

800m Easy

1200m Threshold

1200m Easy

1600m Threshold

1600m Easy

Cooldown (10 mins)

1 lap (400m)

Static stretching

Wednesday Run : 20 min Easy Run

Duration (P):0:20:00

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

MedwayTri Session Plans



Friday Run : Track Aerobic conditioning 6

Duration (P):1:00:00

Distance (P):9 kilometers

Workout Description:

Warm Up (10 mins)

Mobility (5 mins)

Drills (5 mins)

- High knee
- Heel to bum
- Heel/knee drive
- High Knee
- Heel raise
- High skip
- Small, quick steps
- Knee up, knee out, kick
- Hamstring Extensions ; kick leg out and touch foot
- Straight-Leg Shuffle : Reduce heel striking run on fore-foot reduce contact time.
- Running Backwards : still push off fore foot

Technique lap (5mins)

Run one lap of the track jogging the straights and striding the bends good technique

Main set (30 mins)

800m at comfortable pace with easy 200m rec then straight into 400m at interval with 60sec rec x 4, comfortable pace should get faster and faster.

Cooldown (10 mins)

1 lap (400m)

Static stretching

Sunday Run : Easy Run will hill reps 1

Duration (P):0:40:00

Workout Description:

Purpose of this session is to build base strength in your running, and build Aerobic threshold. Carry out on cross country course to help strengthen tendons and muscles

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

15min easy run to a steep hill

Run for 1 minute at Level 3 up the hill

jog gently back down

x 6

Cooldown

15mins easy run home