

Run Sets Week Commencing 27-10-2014

Monday Run : Track Aerobic conditioning 7

Duration (P):1:00:00

Distance (P):9.6 kilometers

Workout Description:

Warm up

4 Laps of the track Easy

Mobility work

Technique

10 Grapevines

10 Butt Kick

10 Bounding

10 Slow skipping with pause

10 Lateral bounding

10 Hamstring extensions

50m Stright leg shuffle

50m Backward runs

Main Set

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

400m Easy

Static stretching

Wednesday Run : 20 min Easy Run

Duration (P):0:20:00

Workout Description:

The purpose of this session is to promote aerobic efficiency and to aid active recovery. Run at an easy pace ensure your heart rate is below 85% of max, a good way to check this is to run and nose breath.

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 : Endurance 100m interval set

Duration (P):1:00:00

Distance (P):11 kilometers

Workout Description:

Session objective: To maintain distance as the rest decreases. A classic. Go as far as you can until you run out of rest. The secret is to start steady and increase pace very slowly!

Warmup:

10 mins easy

Technique set.

Fast steps - high knee alternate leg - high heel - quick steps

Count leg strikes

Try running at 180 leg strikes per minute.

Main Set: BLEEP!

16 ROUNDS OF 6x100m runs repeated with less and less rest starting from 35secs

Faster runners can use the early efforts to work technique or even perform drills

AIM IS TO GET AS LITTLE REST AS POSSIBLE AHEAD OF HARDER RUNS LATER

Cool Down:

400m easy

static stretching

Sunday Run : 1 hr Cross Country Run

Duration (P):1:00:00

Workout Description:

Purpose of this session is to strengthen the muscles and tendons in the feet ankles and legs, and act as a recovery run, as well as developing your aerobic fitness.

Take the first 5mins at a very gentle pace, then for the remainder of the run, increase pace but stay at or below your aerobic threshold, this should be no more than 80% of your maximum heart rate. Another way of judging the correct pace to run is a pace that you can maintain whilst breathing through your nose.

Static stretch ice and compress

Pre activity comments
