

MedwayTri Session Plans



Run Sessions W/C 17-11-2014

Monday TRACK-II L2

Duration (P):1:00:00

Distance (P):8.6 kilometers

Workout Description:

The purpose of this session is to build leg speed and anaerobic strength. Use your paces from VDOT tables, however, if you do not have access to a track, you can run at the correct effort for the proposed length of time. Aim to hold good technique throughout the session.

Long warm up:

1.6km Gentle jogging.

Stride the straights, jog the bends.

up to 10 minutes of running drill work

Main Set:

1x1000m at 3.2k Pace, 30 seconds recovery

10x400m at interval Pace, (make sure you hold times)1 minute recovery

Cool down:

1.2km easy: jog/walk.

Stretching, compression and ice.

Wednesday 20 min Easy Running

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

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Friday FARTLEK M1

Duration (P):1:03:00**Workout Description:**

The purpose of this session is to develop your recovery speed.

Warm up:

15 minutes of gentle running at Easy Pace

10 minutes of Running Drills

5 minutes of strides.

6 minutes at Easy Pace

4 minutes at Threshold Pace

2 minutes at Interval Pace

x2

Cool Down:

10 minutes gentle jogging

Stretching and walking

Pre-Activity Comments:

Saturday 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