

MedwayTri Session Plans



Run Sessions W/C 24-11-2014

Monday 3.2KM RUNNING TIME TRIAL

Duration (P):1:00:00

Distance (P):6.5 kilometers

Workout Description:

Take your time from the time trial and enter it at: <http://www.runbayou.com/jackd.htm> to create your VDOT and all your running times/splits for future sessions.

Warm Up:

1200m Steady running

3x30m sets of 3 drills (High Knees, High knees with Bum Flick & Skipping)

2 Laps jogging the bends, striding the straights

Main Set:

3200m best effort

Cool Down:

3 Laps easy

Compression, ice and stretching

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.

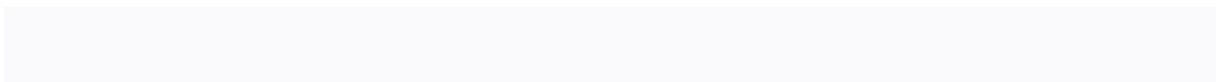
Main Set:

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 3.2KM RUNNING TIME TRIAL

Duration (P):1:00:00

Distance (P):6.5 kilometers**Workout Description:**

Take your time from the time trial and enter it at: <http://www.runbayou.com/jackd.htm> to create your VDOT and all your running times/splits for future sessions.

Warm Up:

1200m Steady running

3x30m sets of 3 drills (High Knees, High knees with Bum Flick & Skipping)

2 Laps jogging the bends, striding the straights

Main Set:

3200m best effort

Cool Down:

3 Laps easy

Compression, ice and stretching

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