

Longford AC Senior Group Training Schedule November 2013 to May 2014

Below is the training schedule for November through to the end of May before we all start into the race season.

This training schedule is made up specifically for those who have done exercise up to the 19th November either with the Tri-club or the athletics club and as such is not a generic training schedule.

This schedule was put together with the intention of establishing a solid endurance base before preparation for races where some sharper training is required. If you use this schedule otherwise, advice should be got from experienced or qualified personnel before starting. Coaches at Longford Athletics Club are always available to help at the club training sessions.

Remember if in doubt ask and there is no such thing as a stupid question!!

After the training schedule below I have given explanation to some of the terminology used, the details of sessions and how they should be carried out in order to achieve the best from each session.

Like any training schedule it is important to remember that the easy days are easy and the hard days are hard. Take advantage and enjoy the easy sessions when you can. Your running will benefit from it! Also to increase endurance fitness it is important to work at your present fitness level and not above it.

Date	Day	Training Session
19/11/2013	Tuesday	Slashers Hillsx12 2mins rec
21/11/2013	Thursday	3-6miles/6-8miles steady
23/11/2013	Saturday	6-12 miles easy
26/11/2013	Tuesday	6 No 500m/800m, 2mins rec
28/11/2013	Thursday	3-6miles/6-8miles steady
30/11/2013	Saturday	6-12 miles easy
03/12/2013	Tuesday	10x2mins, 1min rec
05/12/2013	Thursday	3-6miles/6-8miles steady
07/12/2013	Saturday	6-12 miles easy
10/12/2013	Tuesday	25mins Pyramid session
12/12/2013	Thursday	3-4miles/4-6miles steady
14/12/2013	Saturday	4-8 miles easy
17/12/2013	Tuesday	Slashers Hillsx12 2mins rec
19/12/2013	Thursday	3-6miles/6-8miles steady
21/12/2013	Saturday	6-12 miles easy
Rest for Christmas with short easy runs and possible race		

07/01/2014	Tuesday	Slashers Hillsx12 2mins rec
09/01/2014	Thursday	3-6miles/6-8miles steady
11/01/2014	Saturday	6-12 miles easy
14/01/2014	Tuesday	10x2mins, 1min rec
16/01/2014	Thursday	3-6miles/6-8miles steady
18/01/2014	Saturday	6-12 miles easy
21/01/2014	Tuesday	6 No 500m/800m, 2mins rec
23/01/2014	Thursday	3-6miles/6-8miles steady
25/01/2014	Saturday	8-14 miles easy
28/01/2014	Tuesday	30mins Pyramid session
30/01/2014	Thursday	3-4miles/4-6miles steady
01/02/2014	Saturday	4-8 miles easy
04/02/2014	Tuesday	Slashers Hillsx12 1:50mins rec
06/02/2014	Thursday	4-8miles/8-10miles steady
08/02/2014	Saturday	8-14 miles easy
11/02/2014	Tuesday	8x 450m/600m, 2min rec
13/02/2014	Thursday	4-8miles/8-10miles steady
15/02/2014	Saturday	8-14 miles easy
18/02/2014	Tuesday	8 No 500m/800m, 2mins rec
20/02/2014	Thursday	4-8miles/8-10miles steady
22/02/2014	Saturday	8-14 miles easy
25/02/2014	Tuesday	35mins Pyramid session
27/02/2014	Thursday	3-4miles/6-8miles steady
01/03/2014	Saturday	4-8 miles easy
04/03/2014	Tuesday	Slashers Hillsx12 1:40mins rec
06/03/2014	Thursday	4-8miles/10-12miles steady
08/03/2014	Saturday	8-14 miles easy
11/03/2014	Tuesday	10x 450m/600m, 2min rec
13/03/2014	Thursday	4-8miles/10-12miles steady
15/03/2014	Saturday	8-14 miles easy
18/03/2014	Tuesday	4 No 1000m/1600m, 3mins rec
20/03/2014	Thursday	4-8miles/10-12miles steady
22/03/2014	Saturday	8-14 miles easy
25/03/2014	Tuesday	35mins Pyramid session
27/03/2014	Thursday	3-4miles/6-8miles steady
29/03/2014	Saturday	4-8 miles easy
01/04/2014	Tuesday	Slashers Hillsx12 1:40mins rec
03/04/2014	Thursday	4-8miles/10-12miles steady
05/04/2014	Saturday	8-14 miles easy
08/04/2014	Tuesday	10x 450m/600m, 1:50min rec
10/04/2014	Thursday	4-8miles/10-12miles steady
12/04/2014	Saturday	8-14 miles easy

15/04/2014	Tuesday	8 No 500m/800m, 1:45mins rec
17/04/2014	Thursday	4-8miles/10-12miles steady
19/04/2014	Saturday	8-14 miles easy
22/04/2014	Tuesday	15x1min, 1min rec
24/04/2014	Thursday	3-4miles/6-8miles steady
26/04/2014	Saturday	4-8 miles easy
29/04/2014	Tuesday	Slashers Hillsx12 1:30mins rec
01/05/2014	Thursday	4-8miles/10-12miles steady
03/05/2014	Saturday	8-14 miles easy
06/05/2014	Tuesday	10x 450m/600m, 1:40min rec
08/05/2014	Thursday	4-8miles/10-12miles steady
10/05/2014	Saturday	8-14 miles easy
13/05/2014	Tuesday	5 No 1000m/1600m, 3mins rec
15/05/2014	Thursday	4-8miles/10-12miles steady
17/05/2014	Saturday	8-14 miles easy
20/05/2014	Tuesday	8x 450m/600m, 1:30min rec
22/05/2014	Thursday	4-8miles/10-12miles steady
24/05/2014	Saturday	8-14 miles easy
27/05/2014	Tuesday	15x1min, 1min rec
29/05/2014	Thursday	3-4miles/6-8miles steady
31/05/2014	Saturday	4-8 miles easy

Easy Run (Saturday session)

This run should be done at a pace that you can carry out continuous conversation similar to a warm-up. For those who wear a heart rate monitor this pace is generally about or under 140 beats per minute (BPM). If you check your pulse at the end of or during runs it would be 21 to 24 beats for 10 seconds.

While many would misinterpret that this type of run does not have any stress to it and therefore you would not gain any benefit from it, this run has proven effect and an essential component to endurance performance. The easy run is used to increase the aerobic endurance of athletes and increase the body's endurance for covering longer distances. You will note that these runs are the longer runs in the schedule. The easy runs also increase weight loss and are used most importantly for recovery to get acid out of the legs and overall body so that the quality can be achieved in the Tuesday evening sessions. In short the easy run is for recovery, The Tuesday sessions are for pushing yourself that bit further.

Steady Run (Thursday session)

This run is to be done at a pace where you could say one or two sentences to someone and really no more before getting into any difficulty with maintaining your running pace. When finished you should feel comfortably tired. For those who wear a heart rate monitor this pace is generally about or under 160-170 beats per minute (BPM). If you check your pulse at the end of or during runs it would be 27 to 29 beats for 10 seconds.

This run is used to increase the aerobic threshold of athletes and should be done at the pace described above and no higher as to exceed the pace would bypass the whole purpose of the run. Going too fast on these runs would also mean that the body does not get a full chance to recover for the harder interval/reps sessions where quality is a necessity.

Intervals/Repetitions/Hills (Tuesday session)

The intervals or repetitions or bursts basically all mean the same thing – a period where you run fast before taking recovery. These sessions should be done where there is a consistent effort in each of the intervals i.e. where the first interval is at the same pace as the last and where the last feels like there's not much more left in you. These sessions are definitely not a series of races and if you do this you are missing the quality of the session completely.

These sessions are used to develop anaerobic ability and as such are the one time in the schedule where the athlete is putting themselves under significant stress. As such being rested and having recovered for these sessions is critical.

These sessions replicate what happens in a race and help you understand your true fitness level and racing ability. As a result these sessions help with judging pace which is critical to racing. The fastest way to run a race is a consistent fast pace whereby the tank feels like its empty when you cross the finish line - much like a Formula One car but without the pitstops! If you go off too hard you will pay for it and inevitably slow down resulting in a slower overall time than you were really capable of.

For example lets assume you run a 5K race in 25mins and you're doing a session like what is given on the 3rd December i.e. 10x 2mins repetitions (reps) with 1 minute recovery. In this session you spend 20mins in total at the faster pace. Therefore this session would be something like running your 5K but with a jog for a minute every 2mins. So you should do the 2mins intervals slightly faster than your 5 K pace. Remember you are running the 5K with a number of breaks in it.

You will notice that as the sessions are repeated, the recovery period is shortened. Therefore you are running at faster than your 5K race pace and with less time in between the intervals. This results in your overall 5K pace increasing as the sessions are developed. Similarly for other distances.

Recovery in the intervals is a jog pace and it is important to be able to jog on after the interval. If you are unable to do this it is an indication that you are going too fast in the interval.

When doing hills remember the distance is much shorter but the effort would still be the same. Also if you are comparing times for measured intervals as opposed to timed intervals e.g. 450/600m intervals, running against a wind can be like running up an incline and this should be borne in mind.

Remember endurance training is also about keeping the head in the right place and staying positive. If you don't see improvement from a previous bit similar session, this can play hell with your confidence. To avoid this, similar interval sessions are repeated no sooner than every four weeks. This allows the body to have increased in fitness whereby improvement can be seen in the sessions. Similarly running races over the same distance week after week does not allow for time to improve on each performance.

Also you may note that every four weeks there is an easier week. This allows the body to recover after a three week period of sustained effort. This is the ideal time to allow for races whereby there is rest before and after race before getting into another sustained training period.

Padraig Farrell
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