

Training for Road Racing

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Introduction

Road Racing has slightly different needs than that of other endurance racing. This e-book aims to present a variety of ideas that will help coaches & athletes to better prepare for racing on the roads.

Road racing has a few major significant differences some of them are listed below:

- Road racing is usually over distances between 6km & 16km.
- Races are on hard surfaces that the athlete needs to be conditioned to cope with & perform well.
- Road races can include hills which presents the challenge of both running up hill & also downhill.
- Road races can have fields of few thousand participants presenting an increased challenge tactically to the athletes.



The author & 3 year old daughter Abby

Specificity of Training

Athletes should make their training specific to the needs of road racing. When athletes run on the road they gradually develop foot contacts that are optimised and this is a positive adaptation. However running on the road is much more stressful than training on softer surfaces and this can cause injuries to develop in the athlete's shins, knees and back. It is best to do training on varied surfaces and reach a balance that is suitable for the athlete and not change this balance quickly.

If there are hills in the road race course the athletes need to prepare for both up-hill & down-hill running. This is skill that needs to be developed or they will lose ground to more experienced athletes of similar fitness.

Running Up Hills

Running up hills is good training for any endurance athlete. The extra energy required to run up a hill against the force of gravity is enormous. It is possible for an athlete running at 1500m race pace up a steep hill to burn energy at a rate which would exceed the energy requirements to run 100m in sub 9s. This extra energy means that during a road race athletes would need to slow down considerably on uphill sections to burn energy at a constant rate. This usually doesn't happen in a race, the athletes all tend to attack the hills and produce higher levels of muscle acidity from their lactic energy system. This extra acid must then be cleared mid race so that the athlete can continue at a high pace. Often this recovery period may occur on the downhill section that follows. So it is important that the athletes have an efficient downhill running technique.

Running Down Hills

Running downhill is a skill in which athletes vary considerable. Many athletes over-stride to a small degree and on downhill sections this tendency is exaggerated further. The best technique for running downhills is to lean forward very slightly and allow gravity to assist but make sure that foot contacts are well underneath the body & not out in front. This will mean that foot contacts will have to be quicker & it may take a large amount of practise to be able to develop. The gains from downhill skill improvement can carry over into running on the flat without overstriding which can create considerable performance improvements. Many athletes tend to over-stride when tired in the closing stages of a race & this is perceived by the athlete as a stomping effect where they can feel they are running much more off their quadriceps. A simple session to improve downhill running skill & decrease over-striding is to do 6 x 60m relaxed runs on a slight & smooth grass slope. The athletes should aim to run with good downhill technique & they can tell when they do it correctly as it is smoother. If an athlete was to do this each week maybe twice for a few months their downhill technique would certainly improve.

Improving Sustainable Race Pace

Improving sustainable race pace is the paramount ability that any road race athlete needs to develop. This ability relates to the maximum speed the athlete can run at without accumulating too much blood acidity from excessively using the anaerobic system.

The Aerobic System

The aerobic system supplies energy without contributing the blood acidity so it is most important that the athlete focus a large amount of their training on developing this area. All aerobic running contributes to this in multiple ways. Some adaptations are slow adaptations like the increase of muscle capillarization and increased mitochondria density in the working muscles. Some adaptations are quicker such as increasing the pumping power of the heart. Athletes need to do a smart mix of easy continuous runs of 20-40min as well as longer runs of 40-90min. Longer runs improve total fuel storage in the muscles & the liver. They should function to increase the athlete's ability to recover from larger volume speed training sessions & races.

Anaerobic Threshold

Improving the speed of the Anaerobic Threshold is the key quality needed for any longer distance endurance athlete. This is the maximum speed the athlete can sustain without accumulating excessive blood acidity which would slow them down. The blood acidity comes from the anaerobic system which is called into action to make up for the energy requirements that the aerobic system cannot fulfil. It is possible for the excess blood lactate to be cleared while the athlete is running & it is possible to improve this ability. The quicker that it can be cleared the more that the athletes can make & still sustain a steady running pace. When blood lactate increases above the level that can be cleared quick enough then the athlete will have to slow down until it drops. This may occur after a hill in a race or after a fast sustained start. In the end phase of the race the athlete may fully tap into what is left of their anaerobic system in a sustained final sprint. How fast they can run at the end is also determined by just how low the levels of blood acidity is before the final sprint is initiated.

Improving Anaerobic Threshold

Anaerobic Threshold (AT) speed can be improved two main ways.

1. **Improving VO₂max.** The AT speed is always at a % of the VO₂max velocity, so it makes sense to always be aiming to expand VO₂max. The speed that VO₂max occurs at is related to efficiency (this will be discussed later in this e-book).
Some methods aimed to improve VO₂max are listed below:
 - This may involve the use of 1000-2000m reps. With a total of usually between 3000m & 8000m of reps. Each rest between should be complete to minimize the effects of blood acidity on the next rep. The focus needs to be as much as possible on improving the maximum power of the aerobic system. This means reaching maximum heart rates or working at intensities very close to it.
 - Billat session 20-30 x 30s intervals at 2km race pace with recoveries of 30s at half the pace of the solid sections.
2. **Targeting AT development** directly. Some methods are listed below:
 - By running fast for long distances such as in races or by performing fast runs of 20-60min.
 - By running continuously at paces above & below AT speed such as with Fartlek running either unstructured or structure such as 2000m solid 4min moderate then 1500m solid then 3min moderate then 1500m solid then 3min moderate then 1000m solid then 2min moderate then 1000m solid.
 - By performing a large number of short fast continuous runs in the week e.g. Warm-up then 10min hard warm down performed 2-3 times a day for a few days of the week. I have found this a very quick way to improve AT pace. AT is supposed to be one of the

quickest qualities that an athlete can improve. This is particularly valuable when an athlete has lost fitness due to injury or sickness, it is possible to regain a high % of fitness quickly with a low volume of training e.g.

Mon

- Morning – Warm-up 1km 3km quick 1km warm-down
- Evening – Warm-up 1km 3km quick 1km Warm-down

Tue

- Morning – Warm-up 1km 3km quick 1km warm down
- Evening – Warm-up 1km 3km quick 1km Warm down

Wed

- Easy 25min

Thu

- Morning – Warm-up 1km 3km quick 1km warm down
- Midday - Warm-up 1km 3km quick 1km warm down
- Evening – Warm-up 1km 3km quick 1km Warm down

Thu

- Morning – Warm-up 1km 3km quick 1km warm down
- Evening – Warm-up 1km 3km quick 1km Warm down

Fri

- Rest

Sat

- Morning – Warm-up 1km 3km quick 1km warm down
- Midday - Warm-up 1km 3km quick 1km warm down
- Evening – Warm-up 1km 3km quick 1km Warm down
- Evening – Warm-up 1km 3km quick 1km Warm down

Sun

- Morning – Warm-up 1km 3km quick 1km warm down
- Evening – Warm-up 1km 3km quick 1km Warm down

- A common track session performed in the past by many of Australia's best distance runners is 10-12 x 400m with a fast 200m float. For 28min 10km runners the speed of the 400s may get down to the low 60s while maintaining the 200m floats near 40s. This session will also improve VO2max.

Improving Running Efficiency

Running efficiency can be improved a number of ways. These are discussed in detail in my e-book [Maintaining Running Form During Middle Distance Racing](#). Having an efficient technique when racing on grass involves training regularly especially at race speeds on grass. It is important also for efficiency to improve that the athlete be strong which can be developed with various forms of resistance training such as Weights, Circuit Training, Medicine Ball, sled towing & plyometrics.



Enhancing Recovery

Road racing especially on hilly courses can make athletes sore & delayed recovery can occur. All athletes can benefit from speeding up recovery as this means they can do more training in the week & theoretically reach a higher level of fitness. There are many ways to do this and they are summarized below:

- Good nutritional intake particularly getting enough protein & carbohydrates. But also staying in good status with minerals. Not drinking enough water can make it easier to injure muscles as well.
- Regular massage – can prevent athletes who have already tight muscles making them sorer.
- Contrast Baths – these involve the use of warm water for 3min then cold water for 10-30s repeated 3 times. This can be done in the shower for the warm and the bath for the cold(maybe using some ice to cool it more)
- Recover activities – light exercise on soft surfaces or relaxing in a pool or a float tank.
- Sleep - Sleep enough and with good quality, not getting enough sleep can decrease the amounts of growth hormone released in the early phases of sleep. Growth hormone promotes recovery. Almost all improvement in performance happens when we rest so resting poorly will inhibit the positive adaptation effects we are aiming for.
- Stretching – gentle stretching post-exercise can help recovery.
- Familiar activities – activities the body is used to are tolerated well & recovered from quickly. It is important to recognize that any new activity needs to be eased into.
- It is better to do less volume of any training element than to do too much & spoil the quality of the next session. So carefully monitor the intensity & volume of any activity. Select the amount you know your body can tolerate well e.g. Do not increase the length of your long runs or the total volume of speed sessions quickly.
- Some people have suggested that for every mile raced on the road the athlete should be more careful for that number of days afterward. It is a time of increased injury risk.

Weight Training for Road Racing

Road Race athletes who have many other activities to do should aim for 1-2 weight training sessions each week for almost all year. The recommendation is to keep total volume small enough that the athlete can get used to the session & not have the next day's sessions effected by soreness. I would recommend strongly the use of free weights rather than machines. This is because it is far too easy to lift loads that can't be stabilized using a machine. But free weights challenge stability which is more specific & at the same time deficiencies in stability will limit the load. Often gains in stabilization are very valuable for athletes. Weighted Step-ups are a great exercise for any athlete to learn to do well. They challenge both strength & stability while at the same time because they are a one legged exercise the load on the back is half of what it would be with a similarly intense squat.

A simplified plan would involve performing larger sets in the Base Phase with lighter loads initially band progress toward heavier loads with smaller sets in the Specific Preparation Phase. Heavier loads are more stressful on the nervous system and will usually effect the quality of sessions more than when the athlete is training using larger volume (and therefore lighter sets).

Two sample sessions for the Base Phase

Session 1

Warm-up

Weighted Step-ups 3 x 8 each leg (stay tall, keep lower leg close to vertical, use glutes)

Standing Upright Row 3 x 10 (stand tall)

Incline Bench Press 3 x 10

Stiff Legged Dead Lifts 3 x 8 start very light (people with bad backs may find this exercise unsuitable)

Hip Machine 3 x 15 movements each direction

Reverse Hyperextensions 3 x 15

Session 2

Warm-up

Half Squats 3 x 10

Bench Press 3 x 10

Lunges 3 x 8 each leg (weighted – minimize any increases in lumbar curve – stay up tall)

Standing Vertical Dumbbell Press alternate arms 3 x 10 each arm

Back extensions 3 x 15

Two sample sessions for the Specific Preparation Phase

Session 1

Warm-up

Weighted Step-ups 3 x 4 each leg (stay tall, keep lower leg close to vertical, use glutes)

Incline Bench Press 3 x 5

Power Cleans or Hang Cleans 3 x 6

Hip Machine 3 x 15 movements each direction

Reverse Hyperextensions 3 x 8

Session 2

Warm-up

Half Squats 3 x 6

Bench Press 3 x 4

Lunges 3 x 6 each leg (weighted – minimize any increases in lumbar curve – stay up tall)

Standing Vertical Dumbbell Press alternate arms 3 x 6 each arm

Back extensions 3 x 8

Abdominal Training

It is important that the athletes are doing a variety of other exercises for the mid-torso. The plans above do not include abdominal work because it is best to do it at the end of the gym session or in other separate sessions.

Abdominal Session content depends on the level of development the athlete is at with them.

Basic Abdominal exercise examples:

Crunches

Sit-ups bent leg

Leg lowering (maintaining a constant natural lumbar curve)

Static holds in the pushup position

Advanced Abdominal exercise examples

Hanging leg holds at near 90 degrees

Russian Twists

Med Ball catches in an inclined position

Resisted crunches

Leg lowering (at lower angles)

It is recommended to work the whole variety of abdominal exercises with both high rep low intensity movements & also with low rep high load movements (done well). They need to be both strong & have good endurance.

There is a tendency as athletes get stronger in the abdominals that their hip-flexors also get very strong. It is essential that the hip-flexors are targeted for stretching & loosening as they are a problematic muscle which can inhibit hip mobility if they are short. Tight hip-flexors contribute to many back & hamstring injuries. They can pull the back into excessive anterior rotation which put extra pressure on disks and also on hamstrings.

Nutritional Ideas

There is a great need for any athlete to follow a good healthy diet. The section below will simply introduce a few ideas that may be worth considering & implementing.

- Get enough carbohydrates which is 7-10g/kg of body weight depending on the total volume of training.
- Limit fat intake but consider supplementing to have an intake of good fats which are called Omega III. The best source is Fish Oil or Flaxseed Oil. Consuming more fish is probably a good idea. Some studies have indicated that Omega III fats may optimize thyroid hormones. It also may help athletes optimize their fat levels.
- Make sure you are getting enough Calcium needed for healthy bones.
- Make sure you are getting enough Protein at least 1.3g/Kg a day from a range of sources.
- Maintain appropriate fluid intake. Aim to never train or compete dehydrated it is dangerous for muscles.
- Optimize Zinc, Magnesium, B Vitamins, Vitamin E, and Folic Acid.
- Also monitor Iron stores status by having regular Blood tests for Iron, make sure Ferritin is mid range normal. This may mean tuning the amount of Iron supplementation to a level that maintains a good Ferritin Status. Low Iron stores even without anaemia can destroy performance. Many athletes are totally unaware of their low Iron storage status.

Some Questions about Road Racing

What can I do to be able to improve my ability to finish off races better?

- Improving aerobic power will assist.
- Pacing the early stages slower can help save more speed for the final stages.
- Develop more strength endurance from hill training & gym
- Decrease over-striding in the final stages by minimizing contact times and not striving to bang the ground harder. Often this feeling is evidence of over-striding. Over-striding can be reduced by doing some downhill strides over 40-60m in a way that the athlete notices reduced impact shock. This happens when they strike the ground well under the body.

How can I improve my ability to run hills stronger & accelerate to change pace better?

- Plyometrics can make a huge difference in this area. Bounding 4 bounds and a jump into a sandpit from a standing start or a 5-10m running start repeated 4-5 times about every 10 days can help. Also bounding up hill on grass is safe and great for developing power. Do these activities regularly throughout the year & they will provide gains in performance in a safe way.
- Athletes need to practice changing gears to have gears. It doesn't take much.
- Improve core strength and stability – many athletes have hips that drop the moment they try to accelerate and this causes them to have less power in their first step acceleration.
- Improve strength in legs and mid torso by doing exercises like step-ups, lunges and half squats. Build up the load and always remember the goal is to develop sustainable power.

How can I prevent shin-soreness from running on the roads?

- Often shin soreness can be prevented by keeping the calf muscles long & loose. This can be done by standing on a wedge to provide a long gentle stretch of about 8min each day. This prevents the calves from shortening.
- Vary the running surface and vary the speed.
- Seek early treatment with any injury. Don't ignore it & hope it will go away. It usually wont.

I am having trouble with my ITB (side of knee pain), what can I do?

- You can watch out for the camber of the surfaces you are running on. Most roads slope one way or the other to help drain the water. If you always run on the same side of cambered road you will overload the side of the knee that is lower. Try to balance this effect by running on different sides of the road or avoid running on cambered surfaces.
- Keep your quads loose by self massage, stretching & by learning to do trigger point treatment i.e. have pressure applied to your quads and ITB by use of a small ball.
- Get early treatment by a physiotherapist and learn how to self treat.

I don't like running on a track, where else can I do my speed work?

- Faster speed work is best done a trusted surface either a grass track or a synthetic track. However it is possible to find grassy areas that can be measured to do this training on.

- Slower speedwork up to about 3km race pace can be done on pathways or roads but I would not recommend doing quicker work than that. The impacts can cause injuries.
- Take care of holes, rocks, edges etc. on any surface when doing faster work.

I don't have hills where I live to use for running. What can I do?

- You can run into the wind.
- You can get a waste weighted belt of about 3kg.
- You can do some lightly resisted sled towing.
- You can do more plyometrics to develop power that way. Bounding on grass and up hill is great.
- You can run up hills on a treadmill. This is very effective.

What should I do the day before a race to optimize my performance?

- I have found it better to something short at Anaerobic Threshold intensity the day before like a short warm-up and 3km at near AT pace then a good warm-down. This will usually result in the athlete feeling better on race day than if they had total rest. Experiment with the idea until it suits you.

How can I make it easier to start fast in a race without blowing up?

- The ideas outlined above will all also contribute to improving your start.
- Athletes need to practice running relaxed to be efficient. Far too many athletes only ever run at race pace when they are too tired to run smoothly. This can "train in" bad habits.
- Rehearse the first 300-500m of a race in training and perfect your ability to run smooth.

I am concerned about weight training, will it make me heavier & slow me down?

- Weight training done concurrently with aerobic training has been found to not cause significant increases in muscle mass. The endurance training inhibits muscle hypertrophy.
- Weight training that targets strength & power development is done with small sets and most athletics weight training should be done with a fast upward movement. This means that muscles are not being stimulated in the way that is ideal for muscle hypertrophy. Ody builders do large volumes of sets slowly this is nothing like the weight training that is best for road racing.

How can I avoid developing injuries especially when I try to train faster?

- Do plenty of conditioning exercises to help prevent injuries e.g. walking in sand to condition the muscles of feet, walking on heels and toes to condition the lower legs. (Ideas are outlined in the e-book Maintaining Form)
- Optimize your running form. Maintain high hips, tall, land mid-foot when at high speeds. Make sure you are not pointing your feet down before impact. This is a common cause of foot & lower leg problems.
- Train on a variety of surfaces so that nothing is a shock to your legs.
- Never add soreness to something that is already sore.
- See a physiotherapist for a check up, not just when you are injured.

- Have a massage as often as possible and learn self massage. Also use of ice bath and ice post workout is very valuable.
- Do not rely on stretching as an injury preventative. Stretching is not warm-up. Also never stretch a potentially injured muscle.
- Maintain good running form – using limbs outside of ideal angles can cause injuries.
- Hills on grass are a safe way to train when your body is warning you about the dangers of running fast.
- Avoid running fast downhill when tired. Many road courses invite injury that arrives from this activity. Make sure your downhill technique is good when racing hilly courses.
- Have easy days after hard days generally. This will prevent you from introducing high risk from soreness and then making it worst.
- Have a good diet with enough protein, calcium etc.
- Maintain good fluid intake – many athletes tear hamstrings when they are partially dehydrated. Your massage therapist can tell when you are low on fluid, they can feel it in your muscles.
- Do strength training especially to target postural strength and stability. This will make a big difference to the risk of injury.
- Do plenty of mobility work i.e. moving stretches. Pilates is great for hip mobility and stability. Athletes who are tight in the hips usually have heaps of injury problems.
- Look after your Achilles tendon it is a very important and also a very a weak link. Keep your calves loose and do plenty of lower leg conditioning. Also make sure your ankle joints are mobile at all times. Get a physio to check their looseness and teach you how to loosen them up.
- Add new elements to training slowly.
- Take great care after a break – there are many problems that may appear because your body has lost condition e.g. bone density decreases from rest & this may make it easier to get stress fractures.
- Be patient. Impatience is the cause of many injuries.

Training Plans

This section will provide a variety of plans for different circumstances.

Training Plan 1 - Intermediate Level Athlete with a background

The athlete is already quite fit. This program lasts 16 weeks. It is structured as follows.
Base Phase 6 weeks 2 x 3 week cycles
Specific Preparation Phase 6 weeks 2 x 3 week cycles
Competition Peak 4 weeks

Base Phase

Focus is on all round development with no major races. But maybe 2 – 4 minor races

Cycle 1 Base

Week 1

Mon

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

2 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym I

Wed

Long Reps

Warm-up 1.5km

2 x 2000m rest 5min on grass or a track

Warm-down 1.5km

Thu

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3 x (400-1min-400-1min-400-1min-150) rest 5min on a track

Warm-down 1.5km

Sun

Long Easy Run 45min on road or trail

Cycle 1 Base

Week 2

Mon

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

2 x 10 x 100m hills – slow jog down & 5min between sets on grass

Warm-down 1.5km

Tue

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym I

Wed

Long Reps

Warm-up 1.5km

2 x 2500m rest 5min on grass

Warm-down 1.5km

Thu

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3 x (400-1min-400-1min-400-1min-150) rest 5min on a track

Warm-down 1.5km

Sun

Long Easy Run 60min on road or trail

Cycle 1 Base

Week 3 Recovery week

Mon

Warm-up 1.5km

2 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Rest Day

Wed

Long Reps

Warm-up 1.5km

2 x 2000m rest 5min on grass

Warm-down 1.5km

Thu

Easy 25min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3km Time Trial on road

Warm-down 1.5km

Sun

Long Easy Run 50min on road or trail

Cycle 2 Base

Week 1

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

2 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Easy 35min on road & 4 x 60m strides at up to 800m pace

Gym I

Wed

Long Reps

Warm-up 1.5km

3 x 2000m rest 5min on grass

Warm-down 1.5km

Thu

Easy 35min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest

Sat

Warm-up 1.5km

3 x (400-1min-400-1min-400-1min-400-1min-150) on a track

Warm-down 1.5km

Sun

Long Run 60min on road or trail

Cycle 2 Base

Week 2

Mon

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

2 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Easy 35min on road & 4 x 60m strides at up to 800m pace

Gym I

Wed

Long Reps

Warm-up 1.5km

3 x 2000m rest 5min on grass

Warm-down 1.5km

Thu

Easy 35min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3 x (400-1min-400-1min-400-1min-400-1min-150) on a track

Warm-down 1.5km

Sun

Long Easy Run 70min on road or trail

Cycle 2 Base

Week 3 Recovery Week

Mon

Warm-up 1.5km

2 x 10 x 100m hills – slow jog down & 5min between sets on grass

Warm-down 1.5km

Tue

Rest Day

Wed

Long Reps

Warm-up 1.5km

2 x 2000m rest 5min on grass

Warm-down 1.5km

Thu

Easy 25min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3km Time Trial on road

Warm-down 1.5km

Sun

Long Easy Run 50min on road or trail

Cycle 1 Specific Prep

Week 1

Mon

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

2 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym I

Wed

Long Reps

Warm-up 1.5km

5 x 1000m rest 5min on grass

Warm-down 1.5km

Thu

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3 x (800m 1min 150) 5min on a track

Warm-down 1.5km

Sun

Morning - Warm-up 1.5km

4km solid on road

Warm-down 1.0km

Evening - Warm-up 1.5km

4km solid on road

Warm-down 1.0km

Cycle 1 Specific Prep

Week 2

Mon

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

4 x 600m hills rest slow jog down on road

Warm-down 1.5km

Tue

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym I

Wed

Long Reps

Warm-up 1.5km

Fartlek

2000m solid – 3min moderate – 1500m solid – 3min moderate – 1500m solid - 3min moderate –
1000m solid – 3min moderate – 1000m solid - on grass

Warm-down 1.5km

Thu

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

4km solid run or race on road

Warm-down 1.5km

Sun

Long Easy Run 75min on road or trail

Cycle 1 Specific Prep

Week 3 Recovery Week

Mon

Warm-up 1.5km

2 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Rest Day

Wed

Warm-up 1.5km

4km solid on road

Warm-down 1.5km

Thu

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

6km solid on road or Race

Sun

Easy Long Run 75min on road or trail

Cycle 2 Specific Prep

Week 1

Mon

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

2 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym I

Wed

Long Reps

Warm-up 1.5km

6 x 1000m rest 5min on grass

Warm-down 1.5km

Thu

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3 x (1200m 1min 150) 5min on grass or track

Warm-down 1.5km

Sun

Morning - Warm-up 1.5km

4km solid on road

Warm-down 1.0km

Evening - Warm-up 1.5km

4km solid on road

Warm-down 1.0km

Cycle 2 Specific Prep

Week 2

Mon

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

4 x 600m hills rest slow jog down on road

Warm-down 1.5km

Tue

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym I

Wed

Long Reps

Warm-up 1.5km

Fartlek

2000m solid – 3min moderate – 1500m solid – 3min moderate – 1500m solid - 3min moderate –
1000m solid – 3min moderate – 1000m solid on grass

Warm-down 1.5km

Thu

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

8km solid run on road or race

Warm-down 1.5km

Sun

Long Easy Run 75min on road or trail

Cycle 2 Specific Prep

Week 3 Recovery Week

Mon

Warm-up 1.5km

2 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Rest Day

Wed

Warm-up 1.5km

6km solid on road

Warm-down 1.5km

Thu

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

6-8km solid on road or Race

Sun

Easy Long Run 75min on road or trail

Competition Peak

Week 1

Mon

Easy 30min on grass

Tue

Warm-up 1.5km

Fartlek

1500m solid – 3min moderate – 1500m solid - 3min moderate – 1000m solid – 3min moderate – 1000m solid - on grass

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

4km solid - on road

Warm-down 1.5km

Afternoon

Warm-up 1.5km

4km solid – on road

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

3km @ a little slower than 10km race pace, on road or track

Warm-down 1.5km

Sat

Warm-up 1.5km

Race or 6km hard on road

Warm-down 1.5km

Sun

Easy 40min on road or trail

Competition Peak

Week 2

Mon

Easy 30min on grass & 4 x 60m strides at up to 800m pace

Tue

Warm-up 1.5km

Fartlek

1500m solid – 3min moderate – 1500m solid - 3min moderate – 1000m solid – 3min moderate – 1000m solid – on grass

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

4km solid on road

Warm-down 1.5km

Afternoon

Warm-up 1.5km

4km solid on road

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

3km @ a little slower than 10km race pace, on road or track

Warm-down 1.5km

Sat

Warm-up 1.5km

Race or 6km hard on road

Warm-down 1.5km

Sun

Easy 40min on road or trail

Competition Peak

Week 3

Mon

Easy 30min on grass & 4 x 60m strides at up to 800m pace

Tue

Warm-up 1.5km

4km solid on road

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

4km solid on road

Warm-down 1.5km

Afternoon

Warm-up 1.5km

4km solid on road

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

3km @ a little slower than 10km race pace, on road or track

Warm-down 1.5km

Sat

Warm-up 1.5km

Race or 6km hard on road

Warm-down 1.5km

Sun

Easy 40min on road or trail

Competition Peak

Week 4

Mon

Easy 30min on grass & 4 x 60m strides at up to 800m pace

Tue

Warm-up 1.5km

4km solid on road

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

4km solid on road

Warm-down 1.5km

Afternoon

Warm-up 1.5km

4km solid on road

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

Strides

Warm-down 1.5km

Sat

Warm-up 1.5km

Major Race

Warm-down 1.5km

Sun

Rest

Training Plan 2 - Intermediate Level Longer Program

The athlete is already quite fit when they start having done a variety of distances of easy runs and some longer runs up to about 50min. This program lasts 26 weeks. It is structured as follows.

Base Phase 12 weeks 3 x 4 week cycles

Specific Preparation Phase 8 weeks 2 x 4 week cycles

Competition Peak 6 weeks

Base Phase

Focus is on all round development with no major races. But maybe 2 – 4 minor races

Cycle 1 Base

Week 1

Mon

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

2 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym I

Wed

Long Reps

Warm-up 1.5km

2 x 2000m rest 5min on grass

Warm-down 1.5km

Thu

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3 x (400-1min-400-1min-400-1min-150) rest 5min, on track

Warm-down 1.5km

Sun

Long Easy Run 45min on a trail or road

Cycle 1 Base

Week 2

Mon

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

2 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym I

Wed

Long Reps

Warm-up 1.5km

2 x 2500m rest 5min on grass

Warm-down 1.5km

Thu

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3 x (400-1min-400-1min-400-1min-150) rest 5min on track

Warm-down 1.5km

Sun

Long Easy Run 60min on a trail or road

Cycle 1 Base

Week 3

Mon

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

2 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym I

Wed

Long Reps

Warm-up 1.5km

3 x 2000m rest 5min on grass

Warm-down 1.5km

Thu

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3 x (400-1min-400-1min-400-1min-150) rest 5min on track

Warm-down 1.5km

Sun

Long Easy Run 60min on a trail or road

Cycle 1 Base

Week 4 Recovery week

Mon

Warm-up 1.5km

2 x 10 x 100m hills – slow jog down & 5min between sets on grass

Warm-down 1.5km

Tue

Rest Day

Wed

Long Reps

Warm-up 1.5km

2 x 2000m on grass rest 5min

Warm-down 1.5km

Thu

Easy 25min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3km Time Trial on road

Warm-down 1.5km

Sun

Long Easy Run 50min on a trail or road

Cycle 2 Base

Week 1

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

2 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Easy 35min on road & 4 x 60m strides at up to 800m pace

Gym I

Wed

Long Reps

Warm-up 1.5km

3 x 2000m rest 5min on grass

Warm-down 1.5km

Thu

Easy 35min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest

Sat

Warm-up 1.5km

3 x (400-1min-400-1min-400-1min-400-1min-150) on track

Warm-down 1.5km

Sun

Long Run 60min on a trail or road

Cycle 2 Base

Week 2

Mon

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

2 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Easy 35min on road & 4 x 60m strides at up to 800m pace

Gym I

Wed

Long Reps

Warm-up 1.5km

3 x 2000m rest 5min on grass

Warm-down 1.5km

Thu

Easy 35min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3 x (400-1min-400-1min-400-1min-400-1min-150) on track

Warm-down 1.5km

Sun

Long Easy Run 70min on a trail or road

Cycle 2 Base

Week 3

Mon

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

2 x 10 x 100m hills – slow jog down & 5min between sets on grass

Warm-down 1.5km

Tue

Easy 35min on road & 4 x 60m strides at up to 800m pace

Gym I

Wed

Long Reps

Warm-up 1.5km

2 x 3000m rest 5min on grass

Warm-down 1.5km

Thu

Easy 35min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3 x (400-1min-400-1min-400-1min-400-1min-150) on track

Warm-down 1.5km

Sun

Long Easy Run 80min on a trail or road

Cycle 2 Base

Week 4 Recovery Week

Mon

Warm-up 1.5km

2 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Rest Day

Wed

Long Reps

Warm-up 1.5km

2 x 2000m rest 5min on grass

Warm-down 1.5km

Thu

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3km Time Trial on road

Warm-down 1.5km

Sun

Long Easy Run 50min on a trail or road

Cycle 3 Base

Week 1

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

2 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Easy 35min on road & 4 x 60m strides at up to 800m pace

Gym I

Wed

Long Reps

Warm-up 1.5km

4 x 2000m rest 5min on grass

Warm-down 1.5km

Thu

Easy 35min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest

Sat

Warm-up 1.5km

3 x (400-1min-400-1min-400-1min-400-1min-150) on track

Warm-down 1.5km

Sun

Long Run 75min on a trail or road

Cycle 3 Base

Week 2

Mon

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

2 x 10 x 100m hills – slow jog down & 5min between sets on grass

Warm-down 1.5km

Tue

Easy 35min on road & 4 x 60m strides at up to 800m pace

Gym I

Wed

Long Reps

Warm-up 1.5km

4 x 2000m rest 5min on grass

Warm-down 1.5km

Thu

Easy 35min on grass & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3 x (400-1min-400-1min-400-1min-400-1min-150) on track

Warm-down 1.5km

Sun

Long Easy Run 90min on a trail or road

Cycle 3 Base

Week 3

Mon

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

2 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Easy 35min on road & 4 x 60m strides at up to 800m pace

Gym I

Wed

Long Reps

Warm-up 1.5km

2 x 3000m rest 5min on grass

Warm-down 1.5km

Thu

Easy 35min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3 x (400-1min-400-1min-400-1min-400-1min-150) on track

Warm-down 1.5km

Sun

Long Easy Run 90min on a trail or road

Cycle 3 Base

Week 4 Recovery Week

Mon

Warm-up 1.5km

2 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Rest Day

Wed

Long Reps

Warm-up 1.5km

2 x 2000m rest 5min on grass

Warm-down 1.5km

Thu

Easy 25min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3km or 6km Time Trial on road

Warm-down 1.5km

Sun

Long Easy Run 50min on a trail or road

Cycle 1 Specific Prep

Week 1

Mon

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

2 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym I

Wed

Long Reps

Warm-up 1.5km

5 x 1000m rest 5min on grass

Warm-down 1.5km

Thu

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3 x (800m 1min 150) 5min on track

Warm-down 1.5km

Sun

Morning - Warm-up 1.5km

4km solid on road

Warm-down 1.0km

Evening - Warm-up 1.5km

4km solid on road

Warm-down 1.0km

Cycle 1 Specific Prep

Week 2

Mon

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

4 x 600m hills rest slow jog down on road

Warm-down 1.5km

Tue

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym I

Wed

Fartlek

Warm-up 1.5km

2000m solid – 3min moderate – 1500m solid – 3min moderate – 1500m solid - 3min moderate – 1000m solid – 3min moderate – 1000m solid on grass

Warm-down 1.5km

Thu

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

4km solid run on road or race

Warm-down 1.5km

Sun

Long Easy Run 75min on a trail or road

Cycle 1 Specific Prep

Week 3

Mon

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

4 x 600m hills rest slow jog down on road

Warm-down 1.5km

Tue

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym I

Wed

Fartlek

Warm-up 1.5km

2000m solid – 3min moderate – 1500m solid – 3min moderate – 1500m solid - 3min moderate –
1000m solid – 3min moderate – 1000m solid – on grass

Warm-down 1.5km

Thu

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

4km solid run on road or race

Warm-down 1.5km

Sun

Long Easy Run 75min on a trail or road

Cycle 1 Specific Prep

Week 4 Recovery Week

Mon

Warm-up 1.5km

2 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Rest Day

Wed

Warm-up 1.5km

4km solid on road

Warm-down 1.5km

Thu

Easy 25min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

6km solid on road or Race

Sun

Easy Long Run 75min on a trail or road

Cycle 2 Specific Prep

Week 1

Mon

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

2 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym I

Wed

Long Reps

Warm-up 1.5km

6 x 1000m rest 5min on grass

Warm-down 1.5km

Thu

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3 x (1200m 1min 150) 5min on track

Warm-down 1.5km

Sun

Morning - Warm-up 1.5km

4km solid on road

Warm-down 1.0km

Evening - Warm-up 1.5km

4km solid on road

Warm-down 1.0km

Cycle 2 Specific Prep

Week 2

Mon

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

4 x 600m hills rest slow jog down on grass

Warm-down 1.5km

Tue

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym I

Wed

Fartlek

Warm-up 1.5km

2000m solid – 3min moderate – 1500m solid – 3min moderate – 1500m solid - 3min moderate –
1000m solid – 3min moderate – 1000m solid, on grass

Warm-down 1.5km

Thu

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

8km solid run on road or race

Warm-down 1.5km

Sun

Long Easy Run 75min on a trail or road

Cycle 2 Specific Prep

Week 3

Mon

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

4 x 600m hills rest slow jog down on road

Warm-down 1.5km

Tue

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym I

Wed

Fartlek

Warm-up 1.5km

2000m solid – 3min moderate – 1500m solid – 3min moderate – 1500m solid - 3min moderate – 1000m solid – 3min moderate – 1000m solid, on grass

Warm-down 1.5km

Thu

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

8km solid run on road or race

Warm-down 1.5km

Sun

Long Easy Run 75min on a trail or road

Cycle 2 Specific Prep

Week 4 Recovery Week

Mon

Warm-up 1.5km

2 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Rest Day

Wed

Warm-up 1.5km

6km solid on road

Warm-down 1.5km

Thu

Easy 30min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

6-8km solid on road or Race

Sun

Easy Long Run 75min on a trail or road

Competition Peak

Week 1

Mon

Easy 30min on grass & 4 x 60m strides at up to 800m pace

Tue

Fartlek

Warm-up 1.5km

1500m solid – 3min moderate – 1500m solid - 3min moderate – 1000m solid – 3min moderate – 1000m solid – on grass

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

4km solid on road

Warm-down 1.5km

Afternoon

Warm-up 1.5km

4km solid on road

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

4km solid on road

Warm-down 1.5km

Sat

Warm-up 1.5km

Race or 6km hard on road

Warm-down 1.5km

Sun

Easy 40min on a trail or road

Competition Peak

Week 2

Mon

Easy 30min on grass & 4 x 60m strides at up to 800m pace

Tue

Fartlek

Warm-up 1.5km

1500m solid – 3min moderate – 1500m solid - 3min moderate – 1000m solid – 3min moderate – 1000m solid, on grass

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

4km solid on road

Warm-down 1.5km

Afternoon

Warm-up 1.5km

4km solid on road

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

3km @ a little slower than 10km race pace on road.

Warm-down 1.5km

Sat

Warm-up 1.5km

Race or 6km hard on road

Warm-down 1.5km

Sun

Easy 40min on a trail or road

Competition Peak

Week 3

Mon

Easy 30min on grass & 4 x 60m strides at up to 800m pace

Tue

Warm-up 1.5km

4km solid on road

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

4km solid on road

Warm-down 1.5km

Afternoon

Warm-up 1.5km

4km solid on road

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

3km @ a little slower than 10km race pace

Warm-down 1.5km

Sat

Warm-up 1.5km

Race or 6km hard on road

Warm-down 1.5km

Sun

Easy 40min on a trail or road

Competition Peak

Week 4

Mon

Easy 30min on grass & 4 x 60m strides at up to 800m pace

Tue

Warm-up 1.5km

4km solid on road

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

4km solid on road

Warm-down 1.5km

Afternoon

Warm-up 1.5km

4km solid on road

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

Strides

Warm-down 1.5km

Sat

Warm-up 1.5km

Major Race on road

Warm-down 1.5km

Sun

Rest

Competition Peak

Week 5

Mon

Easy 30min on grass & 4 x 60m strides at up to 800m pace

Tue

Warm-up 1.5km

4km solid on road

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

4km solid on road

Warm-down 1.5km

Afternoon

Warm-up 1.5km

4km solid on road

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

Strides

Warm-down 1.5km

Sat

Warm-up 1.5km

Major Race

Warm-down 1.5km

Sun

Rest

Competition Peak

Week 6

Mon

Easy 30min on grass & 4 x 60m strides at up to 800m pace

Tue

Warm-up 1.5km

4km solid on road

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

4km solid on road

Warm-down 1.5km

Afternoon

Warm-up 1.5km

4km solid on road

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

Strides

Warm-down 1.5km

Sat

Warm-up 1.5km

Major Race

Warm-down 1.5km

Sun

Rest

Training Plan 3 - Beginner with a background of exercise.

The athlete is entering the program as a beginner with fitness from playing other sports or they are more experienced but are entering the program with a lower level of fitness. It last 16 weeks. It is structured as follows.

Base Phase 6 weeks 2 x 3 week cycles

Specific Preparation Phase 6 weeks 2 x 3 week cycles

Competition Peak 4 weeks

Base Phase

Focus is on all round development with no major races. But maybe 2 – 4 minor races

Cycle 1 Base

Week 1

Mon

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

1 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Easy 20min on road & 3 x 60m strides at up to 800m pace

Gym I

Wed

Long Reps

Warm-up 1.5km

2 x 1500m rest 5min on grass

Warm-down 1.5km

Thu

Easy 20min on road & 3 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3 x (400-1min-400-1min-150) rest 5min, on track

Warm-down 1.5km

Sun

Long Easy Run 35min on a trail or road

Cycle 1 Base

Week 2

Mon

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

1 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Easy 20min on road & 3 x 60m strides at up to 800m pace

Gym I

Wed

Long Reps

Warm-up 1.5km

2 x 2000m rest 5min on grass

Warm-down 1.5km

Thu

Easy 20min on road & 3 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3 x (400-1min-400-1min-150) rest 5min, on track

Warm-down 1.5km

Sun

Long Easy Run 40min on a trail or road

Cycle 1 Base

Week 3 Recovery week

Mon

Warm-up 1.5km

1 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Rest Day

Wed

Long Reps

Warm-up 1.5km

2 x 2000m rest 5min on grass

Warm-down 1.5km

Thu

Easy 20min on road & 3 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3km Time Trial on road

Warm-down 1.5km

Sun

Long Easy Run 30min on a trail or road

Cycle 2 Base

Week 1

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

2 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Easy 25min on road & 3 x 60m strides at up to 800m pace

Gym I

Wed

Long Reps

Warm-up 1.5km

3 x 1500m rest 5min on grass

Warm-down 1.5km

Thu

Easy 25min on road & 3 x 60m strides at up to 800m pace

Gym II

Fri

Rest

Sat

Warm-up 1.5km

3 x (400-1min-400-1min-400-1min-150) on track

Warm-down 1.5km

Sun

Long Run 45min on a trail or road

Cycle 2 Base

Week 2

Mon

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

2 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Easy 25min on road & 3 x 60m strides at up to 800m pace

Gym I

Wed

Long Reps

Warm-up 1.5km

3 x 1500m rest 5min on grass

Warm-down 1.5km

Thu

Easy 25min on road & 3 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3 x (400-1min-400-1min-400-1min-150) on track

Warm-down 1.5km

Sun

Long Easy Run 50min on a trail or road

Cycle 2 Base

Week 3 Recovery Week

Mon

Warm-up 1.5km

1 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Rest Day

Wed

Long Reps

Warm-up 1.5km

2 x 2000m rest 5min on grass

Warm-down 1.5km

Thu

Easy 20min on road & 3 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3km Time Trial on road

Warm-down 1.5km

Sun

Long Easy Run 40min on a trail or road

Cycle 1 Specific Prep

Week 1

Mon

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

2 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Easy 25min on road & 3 x 60m strides at up to 800m pace

Gym I

Wed

Long Reps

Warm-up 1.5km

4 x 1000m rest 5min on grass

Warm-down 1.5km

Thu

Easy 25min on road & 3 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3 x (600m 1min 150) 5min on track

Warm-down 1.5km

Sun

Morning - Warm-up 1.5km

10min solid on road

Warm-down 1.0km

Evening - Warm-up 1.5km

10min solid on road

Warm-down 1.0km

Cycle 1 Specific Prep

Week 2

Mon

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

3 x 600m hills rest slow jog down on road

Warm-down 1.5km

Tue

Easy 25min on road & 3 x 60m strides at up to 800m pace

Gym I

Wed

Fartlek

Warm-up 1.5km

1500m solid – 3min moderate – 1500m solid - 3min moderate – 1000m solid – 3min moderate – 1000m solid, on grass

Warm-down 1.5km

Thu

Easy 25min on road & 3 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3km solid run on road or race

Warm-down 1.5km

Sun

Long Easy Run 60min on a trail or road

Cycle 1 Specific Prep

Week 3 Recovery Week

Mon

Warm-up 1.5km

1 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Rest Day

Wed

Warm-up 1.5km

4km solid on road

Warm-down 1.5km

Thu

Easy 25min on road & 3 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

4km solid run on road or Race

Sun

Easy Long Run 60min on a trail or road

Cycle 2 Specific Prep

Week 1

Mon

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

2 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Easy 30min on road & 3 x 60m strides at up to 800m pace

Gym I

Wed

Long Reps

Warm-up 1.5km

4 x 1000m rest 5min on grass

Warm-down 1.5km

Thu

Easy 25min on road & 3 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3 x (1000m 1min 150) 5min on track or grass

Warm-down 1.5km

Sun

Morning - Warm-up 1.5km

3km solid on road

Warm-down 1.0km

Evening - Warm-up 1.5km

3km solid on road

Warm-down 1.0km

Cycle 2 Specific Prep

Week 2

Mon

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

3 x 600m hills rest slow jog down on road

Warm-down 1.5km

Tue

Easy 25min on grass & 3 x 60m strides at up to 800m pace

Gym I

Wed

Fartlek

Warm-up 1.5km

1500m solid – 3min moderate – 1500m solid - 3min moderate – 1000m solid – 3min moderate – 1000m solid, on grass

Warm-down 1.5km

Thu

Easy 30min on road & 3 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

6km solid run on road or race

Warm-down 1.5km

Sun

Long Easy Run 60min on a trail or road

Cycle 2 Specific Prep

Week 3 Recovery Week

Mon

Warm-up 1.5km

1 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Rest Day

Wed

Warm-up 1.5km

4km solid on road

Warm-down 1.5km

Thu

Easy 20min on road & 3 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

6-8km solid on road or Race

Sun

Easy Long Run 60min on a trail or road

Competition Peak

Week 1

Mon

Easy 25min on road & 3 x 60m strides at up to 800m pace

Tue

Warm-up 1.5km

Fartlek

1500m solid - 3min moderate – 1000m solid – 3min moderate – 1000m solid, on grass

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

3km solid on road

Warm-down 1.5km

Afternoon

Warm-up 1.5km

3km solid on road

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

3km @ slightly slower than 10km race pace

Warm-down 1.5km

Sat

Warm-up 1.5km

Race or 6km hard on road

Warm-down 1.5km

Sun

Easy 40min on a trail or road

Competition Peak

Week 2

Mon

Easy 30min on grass & 3 x 60m strides at up to 800m pace

Tue

Fartlek

Warm-up 1.5km

1500m solid - 3min moderate – 1000m solid – 3min moderate – 1000m solid, on grass

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

3km solid on road

Warm-down 1.5km

Afternoon

Warm-up 1.5km

3km solid on road

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

3km @ slightly slower than 10km race pace on road

Warm-down 1.5km

Sat

Warm-up 1.5km

Race or 6km hard on road

Warm-down 1.5km

Sun

Easy 40min on a trail or road

Competition Peak

Week 3

Mon

Easy 30min on grass & 3 x 60m strides at up to 800m pace

Tue

Warm-up 1.5km

3km solid on road

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

3km solid on road

Warm-down 1.5km

Afternoon

Warm-up 1.5km

3km solid on road

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

3km @ slightly slower than 10km race pace

Warm-down 1.5km

Sat

Warm-up 1.5km

Race or 6km hard on road

Warm-down 1.5km

Sun

Easy 40min on a trail or road

Competition Peak

Week 4

Mon

Easy 30min on grass & 3 x 60m strides at up to 800m pace

Tue

Warm-up 1.5km

3km solid on road

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

3km solid on road

Warm-down 1.5km

Afternoon

Warm-up 1.5km

3km solid on road

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

Strides

Warm-down 1.5km

Sat

Warm-up 1.5km

Major Race

Warm-down 1.5km

Sun

Rest

Training Plan 4 - Advanced Athlete short program

The athlete is a high level athlete who has entered the program fit. If they have just ended a track season should have 2-4 weeks of active recovery then start. The program lasts 16 weeks. It is structured as follows.

Base Phase 6 weeks 2 x 3 week cycles

Specific Preparation Phase 6 weeks 2 x 3 week cycles

Competition Peak 4 weeks

Base Phase

Focus is on all round development with no major races. But maybe 2 – 4 minor races

Cycle 1 Base

Week 1

Mon

Morning – easy 30min on road

Afternoon- Hills

Warm-up 2km

6 x 40m smooth down-hills rest 90s between

3 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 2km

Tue

Easy 45min on road & 4 x 60m strides at up to 800m pace

Gym I

Wed

Morning – easy 30min on road

Evening - Long Reps

Warm-up 2km

3 x 2000m rest 5min on grass

Warm-down 2km

Thu

Easy 45min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 2km

3 x (400-1min-400-1min-400m-1min-150) rest 5min, on track

Warm-down 2km

Sun

Long Easy Run 70min on a trail or road

Cycle 1 Base

Week 2

Mon

Morning – easy 30min on road

Afternoon- Hills

Warm-up 2km

6 x 40m smooth down-hills rest 90s between

2 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 2km

Tue

Easy 45min on road & 4 x 60m strides at up to 800m pace

Gym I

Wed

Morning – easy 30min on road

Afternoon- Long Reps

Warm-up 2km

3 x 2000m rest 5min on grass

Warm-down 2km

Thu

Easy 45min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 2km

3 x (400m-1min-400m-1min-400m-1min-150m) rest 5min, on track

Warm-down 2km

Sun

Long Easy Run 80min on a trail or road

Cycle 1 Base

Week 3 Recovery week

Mon

Warm-up 2km

2 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 2km

Tue

Rest Day

Wed

Long Reps

Warm-up 1.5km

2 x 2000m rest 5min , on grass

Warm-down 1.5km

Thu

Easy 45min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 2km

3km Time Trial on track

Warm-down 2km

Sun

Long Easy Run 70min on a trail or road

Cycle 2 Base

Week 1

Morning – easy 30min on road

Afternoon- Hills

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

3 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Moderate 45min on road & 4 x 60m strides at up to 800m pace

Gym I

Wed

Morning – easy 30min on road

Afternoon- Long Reps

Warm-up 1.5km

4 x 1500m rest 5min on grass

Warm-down 1.5km

Thu

Easy 45min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest

Sat

Warm-up 2km

3 x (400m-1min-400m-1min-400m-1min-400m-1min-150m) on track

Warm-down 2km

Sun

Long Run 90min on a trail or road

Cycle 2 Base

Week 2

Mon

Morning – easy 30min on road

Afternoon- Hills

Warm-up 2km

6 x 40m smooth down-hills rest 90s between

3 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 2km

Tue

Moderate 45min on road & 4 x 60m strides at up to 800m pace

Gym I

Wed

Morning – easy 30min on road

Afternoon- Long Reps

Warm-up 1.5km

4 x 1500m rest 5min on grass

Warm-down 1.5km

Thu

Easy 45min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 2km

3 x (400m-1min-400m-1min-400m-1min-400m-1min-150m) on track

Warm-down 2km

Sun

Long Easy Run 100min on a trail or road

Cycle 2 Base

Week 3 Recovery Week

Mon

Hills

Warm-up 2km

2 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 2km

Tue

Rest Day

Wed

Long Reps

Warm-up 2km

2 x 2000m rest 5min on grass

Warm-down 2km

Thu

Easy 40min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 2km

3km Time Trial on track

Warm-down 2km

Sun

Long Easy Run 70min on a trail or road

Cycle 1 Specific Prep

Week 1

Mon

Morning – easy 30min on road

Afternoon- Hills

Warm-up 2km

6 x 40m smooth down-hills rest 90s between

3 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 2km

Tue

Moderate 45min on road & 4 x 60m strides at up to 800m pace

Gym I

Wed

Morning – easy 30min on road

Afternoon - Long Reps

Warm-up 2km

6 x 1000m rest 5min on grass

Warm-down 2 km

Thu

Moderate 45min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 2km

3 x (1200m 1min 150) 5min on track

Warm-down 2km

Sun

Morning - Warm-up 2km

4km solid on road

Warm-down 1km

Midday - Warm-up 2km

4km solid on road

Warm-down 1km

Evening - Warm-up 2km

4km solid on road

Warm-down 1km

Cycle 1 Specific Prep

Week 2

Mon

Morning – easy 30min on road

Afternoon - Warm-up 2km

6 x 40m smooth down-hills rest 90s between

3 x 800m hills rest slow jog down on road

Warm-down 2km

Tue

Easy 45min on grass & 4 x 60m strides at up to 800m pace

Gym I

Wed

Morning – easy 30min on road

Afternoon- Fartlek

Warm-up 2km

2000m solid – 3min moderate - 1500m solid – 3min moderate – 1500m solid - 3min moderate – 1000m solid – 3min moderate – 1000m solid, on grass

Warm-down 2km

Thu

Moderate 45min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 2km

6-8km solid run on road or race over 5-10km

Warm-down 2km

Sun

Long Easy Run 100min on a trail or road

Cycle 1 Specific Prep

Week 3 Recovery Week

Mon

Warm-up 2km

2 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 2km

Tue

Rest Day

Wed

Warm-up 2km

4km solid on road

Warm-down 2km

Thu

Easy 45min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 2km

6-10km solid run on road or Race over similar distance

Warm-down 2km

Sun

Easy Long Run 80min on a trail or road

Cycle 2 Specific Prep

Week 1

Mon

Morning – easy 30min on road

Afternoon- Hills

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

3 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Moderate 45min on road & 4 x 60m strides at up to 800m pace

Gym I

Wed

Morning – easy 30min on road

Afternoon- Long Reps

Warm-up 1.5km

6 x 1000m rest 3min on grass

Warm-down 1.5km

Thu

Easy 40min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3 x (1200m 1min 150) 5min on track

Warm-down 1.5km

Sun

Morning - Warm-up 2km

4km solid on road

Warm-down 1km

Midday - Warm-up 2km

4km solid on road

Warm-down 1km

Evening - Warm-up 2km

4km solid on road

Warm-down 1km

Cycle 2 Specific Prep

Week 2

Mon

Morning – easy 30min on road

Afternoon- Hills

Warm-up 2km

6 x 40m smooth down-hills rest 90s between

3 x 800m hills rest slow jog down on road

Warm-down 2km

Tue

Easy 45min on grass & 4 x 60m strides at up to 800m pace

Gym I

Wed

Morning – easy 30min on road

Afternoon- Fartlek

Warm-up 2km

2000m solid – 3min moderate - 1500m solid – 3min moderate – 1500m solid - 3min moderate – 1000m solid – 3min moderate – 1000m solid, on grass

Warm-down 2km

Thu

Moderate 45min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 2km

10-15km solid run on road or race over similar distance

Warm-down 3km

Sun

Very easy 90min on trail or road

Cycle 2 Specific Prep

Week 3 Recovery Week

Mon

Warm-up 1.5km

2 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Rest Day

Wed

Warm-up 2km

4km solid on road

Warm-down 2km

Thu

Easy 40min on road & 4 x 60m strides at up to 800m pace

Gym II

Fri

Rest Day

Sat

Warm-up 2km

10-15km solid run on road or Race over similar distance

Sun

Easy Long Run 75min on a trail or road

Competition Peak

Week 1

Mon

Easy 40min on grass & 4 x 60m strides at up to 800m pace

Tue

Warm-up 2km

Fartlek

1500m solid – 3min moderate - 1500m solid - 3min moderate – 1000m solid – 3min moderate – 1000m solid, on grass

Warm-down 2km

Wed

Morning - Warm-up 2km

4km solid on road

Warm-down 1km

Evening - Warm-up 2km

4km solid on road

Warm-down 1km

Thu

Rest

Fri

Warm-up 1.5km

3km @ slightly slower than 10km pace on road

Warm-down 1.5km

Sat

Warm-up 2km

Race over 8-15km or hard run on the road over similar distance

Warm-down 3km

Sun

Easy 75min on a trail or road

Competition Peak

Week 2

Mon

Easy 40min on grass & 4 x 60m strides at up to 800m pace

Tue

Warm-up 1.5km

Fartlek

1500m solid – 3min moderate -1500m solid - 3min moderate – 1000m solid – 3min moderate – 1000m solid, on grass

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

3km solid on road

Warm-down 1.5km

Afternoon

Warm-up 1.5km

3km solid on road

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

3km @ slightly slower than 10km race pace

Warm-down 1.5km

Sat

Warm-up 2km

Shorter Race or 6km hard on road

Warm-down 3km

Sun

Easy 75min on a trail or road

Competition Peak

Week 3

Mon

Easy 40min on grass & 4 x 60m strides at up to 800m pace

Tue

Warm-up 1.5km

4km solid on road

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

3km solid on road

Warm-down 1.5km

Afternoon

Warm-up 1.5km

3km solid on road

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

3km solid on road

Warm-down 1.5km

Sat

Warm-up 2km

Race over 10-15km or 10km hard on road

Warm-down 3km

Sun

Easy 75min on a trail or road

Competition Peak

Week 4

Mon

Easy 40min on grass & 4 x 60m strides at up to 800m pace

Tue

Warm-up 1.5km

4km solid on road

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

3km solid on road

Warm-down 1.5km

Afternoon

Warm-up 1.5km

3km solid on road

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

Strides

Warm-down 1.5km

Sat

Warm-up 2km

Major Race

Warm-down 3km

Sun

Rest

Training Plan 4 - High School Athletes with minimal training commitment

The athlete is a high level athlete who has done some running before. The program lasts 16 weeks. It is structured as follows.

Base Phase 6 weeks 2 x 3 week cycles

Specific Preparation Phase 6 weeks 2 x 3 week cycles

Competition Peak 4 weeks

Base Phase

Focus is on all round development with no major races. But maybe 2 – 4 minor races

Cycle 1 Base

Week 1

Mon

Rest

Tue

Easy 20min on road & 4 x 60m strides at up to 800m pace

Gym 1

Wed

Long Reps

Warm-up 1.5km

2 x 2000m rest 5min on grass

Warm-down 1km

Thu

Easy 20min on road & 4 x 60m strides at up to 800m pace

Fri

Rest Day

Sat

Long Run 20-40min on road

Or

Race

Sun

Rest

Cycle 1 Base

Week 2

Mon

Rest

Tue

Easy 20min on road & 4 x 60m strides at up to 800m pace

Gym 1

Wed

Long Reps

Warm-up 1.5km

3 x 1500m rest 5min on grass

Warm-down 1km

Thu

Easy 20min on road & 4 x 60m strides at up to 800m pace

Fri

Rest Day

Sat

Long Run 30-40min on road or trail

Or

Race

Sun

Rest

Cycle 1 Base

Week 3 Recovery week

Mon

Rest

Tue

Easy 20min on road & 4 x 60m strides at up to 800m pace

Wed

Long Reps

Warm-up 1.5km

2 x 2000m rest 5min on grass

Warm-down 1km

Thu

Rest

Fri

Rest

Sat

Warm-up 1.5km

3km Time Trial on road

Warm-down 1km

Sun

Rest

Cycle 2 Base

Week 1

Rest

Tue

Easy 20min on road & 4 x 60m strides at up to 800m pace

Gym 1

Wed

Long Reps

Warm-up 1.5km

3 x 1500m rest 5min on grass

Warm-down 1.5km

Thu

Easy 20min on road & 4 x 60m strides at up to 800m pace

Fri

Rest

Sat

Long Run 40-50min on road or trail

Or

Race

Sun

Rest

Cycle 2 Base

Week 2

Mon

Rest

Tue

Easy 25min on road & 4 x 60m strides at up to 800m pace

Gym 1

Wed

Long Reps

Warm-up 1.5km

3 x 1500m rest 5min on grass

Warm-down 1.5km

Thu

Easy 25min on road & 4 x 60m strides at up to 800m pace

Fri

Rest Day

Sat

Long Run 40-60min on road or trail

Or

Race

Sun

Rest

Cycle 2 Base

Week 3 Recovery Week

Mon

Rest

Tue

Easy 20min on road & 4 x 60m strides at up to 800m pace

Gym 1

Wed

Long Reps

Warm-up 2km

2 x 2000m rest 5min on grass

Warm-down 2km

Thu

Rest

Fri

Rest

Sat

Warm-up 2km

3km Time Trial on road or Race

Warm-down 2km

Sun

Rest

Cycle 1 Specific Prep

Week 1

Mon

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

1 x 10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Gym I

Wed

Long Reps

Warm-up 2km

4 x 1000m rest 5min on grass

Warm-down 2 km

Thu

Rest

Fri

Rest

Sat

Long Run 40-60min on road

Or

Race

Sun

Rest

Cycle 1 Specific Prep

Week 2

Mon

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

10 x 100m hills rest slow jog down, on grass

Warm-down 1.5km

Tue

Easy 20min on road & 4 x 60m strides at up to 800m pace

Gym 1

Wed

Fartlek

Warm-up 1.5km

1500m solid - 3min moderate – 1000m solid – 3min moderate – 1000m solid, on grass

Warm-down 1.5km

Thu

Rest

Fri

Rest Day

Sat

Warm-up 1.5km

5km solid run on road or race

Warm-down 1.5km

Sun

Rest

Cycle 1 Specific Prep

Week 3 Recovery Week

Mon

Warm-up 1.5km

10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Easy 20min on road & 4 x 60m strides at up to 800m pace

Gym 1

Wed

Warm-up 2km

4km solid on road

Warm-down 2km

Thu

Rest

Fri

Rest Day

Sat

Warm-up 2km

5km solid on road or Race

Warm-down 2km

Sun

Rest

Cycle 2 Specific Prep

Week 1

Mon

Warm-up 1.5km

6 x 40m smooth down-hills rest 90s between

10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Easy 20min on road & 4 x 60m strides at up to 800m pace

Gym 1

Wed

Long Reps

Warm-up 1.5km

4 x 1000m rest 5min, on grass

Warm-down 1.5km

Thu

Rest

Fri

Rest

Sat

Warm-up 1.5km

6km solid on road or Race

Warm-down 1.5km

Sun

Rest

Cycle 2 Specific Prep

Week 2

Mon

Warm-up 2km

6 x 40m smooth down-hills rest 90s between

2 x 800m hills rest slow jog down, on road

Warm-down 2km

Tue

Easy 20min on road & 4 x 60m strides at up to 800m pace

Gym 1

Wed

Fartlek

Warm-up 2km

1500m solid - 3min moderate – 1000m solid – 3min moderate – 1000m solid, on grass

Warm-down 2km

Thu

Rest

Fri

Rest

Sat

Warm-up 2km

6km solid run on road or race

Warm-down 3km

Sun

Rest

Cycle 2 Specific Prep

Week 3 Recovery Week

Mon

Warm-up 1.5km

10 x 100m hills – slow jog down & 5min between sets, on grass

Warm-down 1.5km

Tue

Rest Day

Wed

Warm-up 2km

4km solid on road

Warm-down 2km

Thu

Rest

Fri

Rest

Sat

Warm-up 2km

6-8km solid on road or Race

Warm-down 2km

Sun

Rest

Competition Peak

Week 1

Mon

Rest

Tue

Warm-up 2km

Fartlek

1500m solid - 3min moderate – 1000m solid – 3min moderate – 1000m solid, on grass

Warm-down 2km

Wed

Warm-up 2km

3km solid on road

Warm-down 1km

Thu

Rest

Fri

Warm-up 1.5km

2km @ moderate-hard pace on road

Warm-down 1.5km

Sat

Warm-up 2km

Race or 6km hard on road

Warm-down 3km

Sun

Rest

Competition Peak

Week 2

Mon

Rest

Tue

Fartlek

Warm-up 1.5km

1500m solid - 3min moderate – 1000m solid – 3min moderate – 1000m solid, on grass

Warm-down 1.5km

Wed

Warm-up 1.5km

3km solid on road

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

2km moderate-hard on road

Warm-down 1.5km

Sat

Warm-up 2km

Race or 6km hard on road

Warm-down 3km

Sun

Rest

Competition Peak

Week 3

Mon

Rest

Tue

Warm-up 1.5km

3km solid on road

Warm-down 1.5km

Wed

Warm-up 1.5km

3km solid on road

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

2km moderate-hard on road

Warm-down 1.5km

Sat

Warm-up 2km

Race or 6km hard on road

Warm-down 3km

Sun

Rest

Competition Peak

Week 4

Mon

Rest

Tue

Warm-up 1.5km

3km solid on road

Warm-down 1.5km

Wed

Warm-up 1.5km

3km solid on road

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

Strides

Warm-down 1.5km

Sat

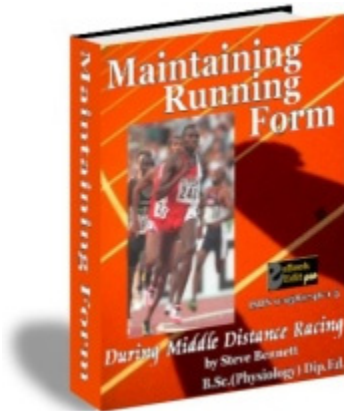
Warm-up 2km

Major Race

Warm-down 3km

Sun

Rest



Maintaining Form During Middle Distance Racing

Presents a large range of Modern Training techniques that will improve athletes Running Form and help any athlete maintain more speed in the closing stages of races.

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