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Introduction

Cross Country has slightly different needs than that of Middle Distance or Distance races on the Track. This e-book aims to present a variety of ideas that will help coaches & athletes to better prepare for Cross Country competition.

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

- Cross Country racing is usually over distances between 4km & 16km. The common distance for Open Men is 12km & for Open Women is 8km. The IAAF has also introduced racing in a short course format of 4km for both Men & Women. It also conducts an U20 Mens 8km race & an U20 Womens race over 6km.
- Races are usually held predominantly on grass. Grass is less bouncy than the track increasing the amount of time the athletes make contact with the ground each step.
- Cross country races can include hills which presents the challenge of both running up hill & also downhill.
- Cross country races generally present challenges of a more varied pace & increased difficulty of pacing since there are no 400m split times that the athlete can use to pace their races smartly.
- Cross Country races can have fields of over 100 participants presenting an increased challenge tactically to the athletes.
- Rough sections or mud, ice & snow can present a greater challenge to athletes ankles & balance than track or road racing.



Specificity of Training

Athletes should make their training specific to the needs of cross country racing. The most important feature for cross country training is to train with a high percentage of the volume on surfaces the same as what the race course will involve. This is usually grass. It means for a track racer that for a period of 2-3 months almost all faster efforts and other running be on grass. When athletes run on a track they gradually develop foot contacts that make maximal use of the energy return from the track and this is a positive adaptation. When athletes race on grass without training on grass they often will say that their legs had no bounce & tire surprisingly easily. This is because the biomechanics of their running is not suited to grass surface racing. If athletes train predominantly on roads they will also suffer from the same effect.

If there are hills in the cross country 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 sub9s. This extra energy means that during a cross country 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 has 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 right 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 cross country 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 athlete 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 their 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. Warmup then 10min hard warmdown 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.

- 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

Cross Country 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.

Weight Training for Cross Country

Cross Country 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 days 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 cant 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 and 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

Warmup

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

Warmup

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

Warmup

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

Warmup

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, 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 Cross Country

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 make it easier to start fast in a Cross Country 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 cross country race in training and perfect your ability to run smooth.

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 cross country courses invite injury that arrives from this activity. Make sure your downhill technique is good when racing hilly cross country 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.
- Stay off the roads as much as possible. Find grassy areas and trails they will help you by providing a softer and more varied surface.
- 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 having just completed their track season. They should have 2-4 weeks of active recovery where they do maybe around 30% of their usual volume then start the program below. 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

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

Warm-down 1.5km

Tue

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

Gym I

Wed

Long Reps

Warm-up 1.5km

2 x 2000m rest 5min

Warm-down 1.5km

Thu

Easy 30min & 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

Warm-down 1.5km

Sun

Long Easy Run 45min

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

Warm-down 1.5km

Tue

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

Gym I

Wed

Long Reps

Warm-up 1.5km

2 x 2500m rest 5min

Warm-down 1.5km

Thu

Easy 30min & 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

Warm-down 1.5km

Sun

Long Easy Run 60min

Cycle 1 Base

Week 3 Recovery week

Mon

Warm-up 1.5km

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

Warm-down 1.5km

Tue

Rest Day

Wed

Long Reps

Warm-up 1.5km

2 x 2000m rest 5min

Warm-down 1.5km

Thu

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

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3km Time Trial

Warm-down 1.5km

Sun

Long Easy Run 50min

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

Warm-down 1.5km

Tue

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

Gym I

Wed

Long Reps

Warm-up 1.5km

3 x 2000m rest 5min

Warm-down 1.5km

Thu

Easy 35min & 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-150)

Warm-down 1.5km

Sun

Long Run 60min

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

Warm-down 1.5km

Tue

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

Gym I

Wed

Long Reps

Warm-up 1.5km

3 x 2000m rest 5min

Warm-down 1.5km

Thu

Easy 35min & 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)

Warm-down 1.5km

Sun

Long Easy Run 70min

Cycle 2 Base

Week 3 Recovery Week

Mon

Warm-up 1.5km

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

Warm-down 1.5km

Tue

Rest Day

Wed

Long Reps

Warm-up 1.5km

2 x 2000m rest 5min

Warm-down 1.5km

Thu

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

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3km Time Trial

Warm-down 1.5km

Sun

Long Easy Run 50min

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

Warm-down 1.5km

Tue

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

Gym I

Wed

Long Reps

Warm-up 1.5km

5 x 1000m rest 5min

Warm-down 1.5km

Thu

Easy 30min & 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

Warm-down 1.5km

Sun

Morning - Warm-up 1.5km

4km solid

Warm-down 1.0km

Evening - Warm-up 1.5km

4km solid

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

Warm-down 1.5km

Tue

Easy 30min & 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

Warm-down 1.5km

Thu

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

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

4km solid run or race

Warm-down 1.5km

Sun

Long Easy Run 75min

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

Warm-down 1.5km

Tue

Rest Day

Wed

Warm-up 1.5km

4km solid

Warm-down 1.5km

Thu

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

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

6km solid or Race

Sun

Easy Long Run 75min

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

Warm-down 1.5km

Tue

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

Gym I

Wed

Long Reps

Warm-up 1.5km

6 x 1000m rest 5min

Warm-down 1.5km

Thu

Easy 30min & 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

Warm-down 1.5km

Sun

Morning - Warm-up 1.5km

4km solid

Warm-down 1.0km

Evening - Warm-up 1.5km

4km solid

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

Warm-down 1.5km

Tue

Easy 30min & 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

Warm-down 1.5km

Thu

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

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

8km solid run or race

Warm-down 1.5km

Sun

Long Easy Run 75min

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

Warm-down 1.5km

Tue

Rest Day

Wed

Warm-up 1.5km

6km solid

Warm-down 1.5km

Thu

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

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

6-8km solid or Race

Sun

Easy Long Run 75min

Competition Peak

Week 1

Mon

Easy 30min

Tue

Warm-up 1.5km

Fartlek

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

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

4km solid

Warm-down 1.5km

Afternoon

Warm-up 1.5km

4km solid

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

3km solid

Warm-down 1.5km

Sat

Warm-up 1.5km

Race or 6km hard

Warm-down 1.5km

Sun

Easy 40min

Competition Peak

Week 2

Mon

Easy 30min & 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

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

4km solid

Warm-down 1.5km

Afternoon

Warm-up 1.5km

4km solid

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

3km solid

Warm-down 1.5km

Sat

Warm-up 1.5km

Race or 6km hard

Warm-down 1.5km

Sun

Easy 40min

Competition Peak

Week 3

Mon

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

Tue

Warm-up 1.5km

4km solid

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

4km solid

Warm-down 1.5km

Afternoon

Warm-up 1.5km

4km solid

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

3km solid

Warm-down 1.5km

Sat

Warm-up 1.5km

Race or 6km hard

Warm-down 1.5km

Sun

Easy 40min

Competition Peak

Week 4

Mon

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

Tue

Warm-up 1.5km

4km solid

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

4km solid

Warm-down 1.5km

Afternoon

Warm-up 1.5km

4km solid

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

Warm-down 1.5km

Tue

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

Gym I

Wed

Long Reps

Warm-up 1.5km

2 x 2000m rest 5min

Warm-down 1.5km

Thu

Easy 30min & 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

Warm-down 1.5km

Sun

Long Easy Run 45min

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

Warm-down 1.5km

Tue

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

Gym I

Wed

Long Reps

Warm-up 1.5km

2 x 2500m rest 5min

Warm-down 1.5km

Thu

Easy 30min & 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

Warm-down 1.5km

Sun

Long Easy Run 60min

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

Warm-down 1.5km

Tue

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

Gym I

Wed

Long Reps

Warm-up 1.5km

3 x 2000m rest 5min

Warm-down 1.5km

Thu

Easy 30min & 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

Warm-down 1.5km

Sun

Long Easy Run 60min

Cycle 1 Base

Week 4 Recovery week

Mon

Warm-up 1.5km

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

Warm-down 1.5km

Tue

Rest Day

Wed

Long Reps

Warm-up 1.5km

2 x 2000m rest 5min

Warm-down 1.5km

Thu

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

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3km Time Trial

Warm-down 1.5km

Sun

Long Easy Run 50min

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

Warm-down 1.5km

Tue

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

Gym I

Wed

Long Reps

Warm-up 1.5km

3 x 2000m rest 5min

Warm-down 1.5km

Thu

Easy 35min & 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-150)

Warm-down 1.5km

Sun

Long Run 60min

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

Warm-down 1.5km

Tue

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

Gym I

Wed

Long Reps

Warm-up 1.5km

3 x 2000m rest 5min

Warm-down 1.5km

Thu

Easy 35min & 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)

Warm-down 1.5km

Sun

Long Easy Run 70min

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

Warm-down 1.5km

Tue

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

Gym I

Wed

Long Reps

Warm-up 1.5km

2 x 3000m rest 5min

Warm-down 1.5km

Thu

Easy 35min & 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)

Warm-down 1.5km

Sun

Long Easy Run 80min

Cycle 2 Base

Week 4 Recovery Week

Mon

Warm-up 1.5km

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

Warm-down 1.5km

Tue

Rest Day

Wed

Long Reps

Warm-up 1.5km

2 x 2000m rest 5min

Warm-down 1.5km

Thu

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

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3km Time Trial

Warm-down 1.5km

Sun

Long Easy Run 50min

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

Warm-down 1.5km

Tue

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

Gym I

Wed

Long Reps

Warm-up 1.5km

4 x 2000m rest 5min

Warm-down 1.5km

Thu

Easy 35min & 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-150)

Warm-down 1.5km

Sun

Long Run 75min

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

Warm-down 1.5km

Tue

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

Gym I

Wed

Long Reps

Warm-up 1.5km

4 x 2000m rest 5min

Warm-down 1.5km

Thu

Easy 35min & 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)

Warm-down 1.5km

Sun

Long Easy Run 90min

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

Warm-down 1.5km

Tue

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

Gym I

Wed

Long Reps

Warm-up 1.5km

2 x 3000m rest 5min

Warm-down 1.5km

Thu

Easy 35min & 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)

Warm-down 1.5km

Sun

Long Easy Run 90min

Cycle 3 Base

Week 4 Recovery Week

Mon

Warm-up 1.5km

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

Warm-down 1.5km

Tue

Rest Day

Wed

Long Reps

Warm-up 1.5km

2 x 2000m rest 5min

Warm-down 1.5km

Thu

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

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3km or 6km Time Trial

Warm-down 1.5km

Sun

Long Easy Run 50min

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

Warm-down 1.5km

Tue

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

Gym I

Wed

Long Reps

Warm-up 1.5km

5 x 1000m rest 5min

Warm-down 1.5km

Thu

Easy 30min & 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

Warm-down 1.5km

Sun

Morning - Warm-up 1.5km

4km solid

Warm-down 1.0km

Evening - Warm-up 1.5km

4km solid

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

Warm-down 1.5km

Tue

Easy 30min & 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

Warm-down 1.5km

Thu

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

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

4km solid run or race

Warm-down 1.5km

Sun

Long Easy Run 75min

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

Warm-down 1.5km

Tue

Easy 30min & 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

Warm-down 1.5km

Thu

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

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

4km solid run or race

Warm-down 1.5km

Sun

Long Easy Run 75min

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

Warm-down 1.5km

Tue

Rest Day

Wed

Warm-up 1.5km

4km solid

Warm-down 1.5km

Thu

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

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

6km solid or Race

Sun

Easy Long Run 75min

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

Warm-down 1.5km

Tue

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

Gym I

Wed

Long Reps

Warm-up 1.5km

6 x 1000m rest 5min

Warm-down 1.5km

Thu

Easy 30min & 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

Warm-down 1.5km

Sun

Morning - Warm-up 1.5km

4km solid

Warm-down 1.0km

Evening - Warm-up 1.5km

4km solid

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

Warm-down 1.5km

Tue

Easy 30min & 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

Warm-down 1.5km

Thu

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

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

8km solid run or race

Warm-down 1.5km

Sun

Long Easy Run 75min

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

Warm-down 1.5km

Tue

Easy 30min & 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

Warm-down 1.5km

Thu

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

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

8km solid run or race

Warm-down 1.5km

Sun

Long Easy Run 75min

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

Warm-down 1.5km

Tue

Rest Day

Wed

Warm-up 1.5km

6km solid

Warm-down 1.5km

Thu

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

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

6-8km solid or Race

Sun

Easy Long Run 75min

Competition Peak

Week 1

Mon

Easy 30min & 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

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

4km solid

Warm-down 1.5km

Afternoon

Warm-up 1.5km

4km solid

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

4km solid

Warm-down 1.5km

Sat

Warm-up 1.5km

Race or 6km hard

Warm-down 1.5km

Sun

Easy 40min

Competition Peak

Week 2

Mon

Easy 30min & 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

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

4km solid

Warm-down 1.5km

Afternoon

Warm-up 1.5km

4km solid

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

3km solid

Warm-down 1.5km

Sat

Warm-up 1.5km

Race or 6km hard

Warm-down 1.5km

Sun

Easy 40min

Competition Peak

Week 3

Mon

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

Tue

Warm-up 1.5km

4km solid

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

4km solid

Warm-down 1.5km

Afternoon

Warm-up 1.5km

4km solid

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

3km solid

Warm-down 1.5km

Sat

Warm-up 1.5km

Race or 6km hard

Warm-down 1.5km

Sun

Easy 40min

Competition Peak

Week 4

Mon

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

Tue

Warm-up 1.5km

4km solid

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

4km solid

Warm-down 1.5km

Afternoon

Warm-up 1.5km

4km solid

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 5

Mon

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

Tue

Warm-up 1.5km

4km solid

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

4km solid

Warm-down 1.5km

Afternoon

Warm-up 1.5km

4km solid

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 & 4 x 60m strides at up to 800m pace

Tue

Warm-up 1.5km

4km solid

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

4km solid

Warm-down 1.5km

Afternoon

Warm-up 1.5km

4km solid

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. They should have 2-4 weeks of active recovery where they do maybe around 30% of their usual volume then start the program below. 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

Warm-down 1.5km

Tue

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

Gym I

Wed

Long Reps

Warm-up 1.5km

2 x 1500m rest 5min

Warm-down 1.5km

Thu

Easy 20min & 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

Warm-down 1.5km

Sun

Long Easy Run 35min

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

Warm-down 1.5km

Tue

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

Gym I

Wed

Long Reps

Warm-up 1.5km

2 x 2000m rest 5min

Warm-down 1.5km

Thu

Easy 20min & 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

Warm-down 1.5km

Sun

Long Easy Run 40min

Cycle 1 Base

Week 3 Recovery week

Mon

Warm-up 1.5km

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

Warm-down 1.5km

Tue

Rest Day

Wed

Long Reps

Warm-up 1.5km

2 x 2000m rest 5min

Warm-down 1.5km

Thu

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

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3km Time Trial

Warm-down 1.5km

Sun

Long Easy Run 30min

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

Warm-down 1.5km

Tue

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

Gym I

Wed

Long Reps

Warm-up 1.5km

3 x 1500m rest 5min

Warm-down 1.5km

Thu

Easy 25min & 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)

Warm-down 1.5km

Sun

Long Run 45min

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

Warm-down 1.5km

Tue

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

Gym I

Wed

Long Reps

Warm-up 1.5km

3 x 1500m rest 5min

Warm-down 1.5km

Thu

Easy 25min & 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)

Warm-down 1.5km

Sun

Long Easy Run 50min

Cycle 2 Base

Week 3 Recovery Week

Mon

Warm-up 1.5km

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

Warm-down 1.5km

Tue

Rest Day

Wed

Long Reps

Warm-up 1.5km

2 x 2000m rest 5min

Warm-down 1.5km

Thu

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

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3km Time Trial

Warm-down 1.5km

Sun

Long Easy Run 40min

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

Warm-down 1.5km

Tue

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

Gym I

Wed

Long Reps

Warm-up 1.5km

4 x 1000m rest 5min

Warm-down 1.5km

Thu

Easy 25min & 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

Warm-down 1.5km

Sun

Morning - Warm-up 1.5km

10min solid

Warm-down 1.0km

Evening - Warm-up 1.5km

10min solid

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

Warm-down 1.5km

Tue

Easy 25min & 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

Warm-down 1.5km

Thu

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

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

3km solid run or race

Warm-down 1.5km

Sun

Long Easy Run 60min

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

Warm-down 1.5km

Tue

Rest Day

Wed

Warm-up 1.5km

4km solid

Warm-down 1.5km

Thu

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

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

4km solid or Race

Sun

Easy Long Run 60min

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

Warm-down 1.5km

Tue

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

Gym I

Wed

Long Reps

Warm-up 1.5km

4 x 1000m rest 5min

Warm-down 1.5km

Thu

Easy 25min & 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

Warm-down 1.5km

Sun

Morning - Warm-up 1.5km

3km solid

Warm-down 1.0km

Evening - Warm-up 1.5km

3km solid

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

Warm-down 1.5km

Tue

Easy 25min & 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

Warm-down 1.5km

Thu

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

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

6km solid run or race

Warm-down 1.5km

Sun

Long Easy Run 60min

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

Warm-down 1.5km

Tue

Rest Day

Wed

Warm-up 1.5km

4km solid

Warm-down 1.5km

Thu

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

Gym II

Fri

Rest Day

Sat

Warm-up 1.5km

6-8km solid or Race

Sun

Easy Long Run 60min

Competition Peak

Week 1

Mon

Easy 25min & 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

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

3km solid

Warm-down 1.5km

Afternoon

Warm-up 1.5km

3km solid

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

3km solid

Warm-down 1.5km

Sat

Warm-up 1.5km

Race or 6km hard

Warm-down 1.5km

Sun

Easy 40min

Competition Peak

Week 2

Mon

Easy 30min & 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

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

3km solid

Warm-down 1.5km

Afternoon

Warm-up 1.5km

3km solid

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

3km solid

Warm-down 1.5km

Sat

Warm-up 1.5km

Race or 6km hard

Warm-down 1.5km

Sun

Easy 40min

Competition Peak

Week 3

Mon

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

Tue

Warm-up 1.5km

3km solid

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

3km solid

Warm-down 1.5km

Afternoon

Warm-up 1.5km

3km solid

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

3km solid

Warm-down 1.5km

Sat

Warm-up 1.5km

Race or 6km hard

Warm-down 1.5km

Sun

Easy 40min

Competition Peak

Week 4

Mon

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

Tue

Warm-up 1.5km

3km solid

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

3km solid

Warm-down 1.5km

Afternoon

Warm-up 1.5km

3km solid

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 National level athlete who has entered the program fit after their track season. They should have 2-4 weeks of active recovery. 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

Warm-up 2km

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

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

Warm-down 2km

Tue

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

Gym I

Wed

Morning – 30min easy

Evening - Long Reps

Warm-up 2km

3 x 2000m rest 5min

Warm-down 2km

Thu

Easy 40min & 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

Warm-down 2km

Sun

Long Easy Run 60min

Cycle 1 Base

Week 2

Mon

Warm-up 2km

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

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

Warm-down 2km

Tue

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

Gym I

Wed

Morning – 30min easy

Long Reps

Warm-up 2km

3 x 2000m rest 5min

Warm-down 2km

Thu

Easy 40min & 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

Warm-down 2km

Sun

Long Easy Run 70min

Cycle 1 Base

Week 3 Recovery week

Mon

Warm-up 2km

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

Warm-down 2km

Tue

Rest Day

Wed

Long Reps

Warm-up 1.5km

2 x 2000m rest 5min

Warm-down 1.5km

Thu

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

Gym II

Fri

Rest Day

Sat

Warm-up 2km

3km Time Trial

Warm-down 2km

Sun

Long Easy Run 60min

Cycle 2 Base

Week 1

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

Warm-down 1.5km

Tue

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

Gym I

Wed

Morning – 30min easy

Long Reps

Warm-up 1.5km

4 x 1500m rest 5min

Warm-down 1.5km

Thu

Easy 45min & 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)

Warm-down 2km

Sun

Long Run 75min

Cycle 2 Base

Week 2

Mon

Warm-up 2km

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

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

Warm-down 2km

Tue

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

Gym I

Wed

Long Reps

Warm-up 1.5km

4 x 1500m rest 5min

Warm-down 1.5km

Thu

Easy 45min & 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)

Warm-down 2km

Sun

Long Easy Run 90min

Cycle 2 Base

Week 3 Recovery Week

Mon

Warm-up 2km

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

Warm-down 2km

Tue

Rest Day

Wed

Long Reps

Warm-up 2km

2 x 2000m rest 5min

Warm-down 2km

Thu

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

Gym II

Fri

Rest Day

Sat

Warm-up 2km

3km Time Trial

Warm-down 2km

Sun

Long Easy Run 60min

Cycle 1 Specific Prep

Week 1

Mon

Warm-up 2km

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

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

Warm-down 2km

Tue

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

Gym I

Wed

Morning – 30min easy

Evening - Long Reps

Warm-up 2km

6 x 1000m rest 5min

Warm-down 2 km

Thu

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

Gym II

Fri

Rest Day

Sat

Warm-up 2km

3 x (1200m 1min 150) 5min

Warm-down 2km

Sun

Morning - Warm-up 2km

4km solid

Warm-down 1km

Midday - Warm-up 2km

4km solid

Warm-down 1km

Evening - Warm-up 2km

4km solid

Warm-down 1km

Cycle 1 Specific Prep

Week 2

Mon

Warm-up 2km

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

3 x 800m hills rest slow jog down

Warm-down 2km

Tue

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

Gym I

Wed

Morning – Easy 30min

Evening - Fartlek

Warm-up 2km

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

Warm-down 2km

Thu

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

Gym II

Fri

Rest Day

Sat

Warm-up 2km

6km solid run or race

Warm-down 2km

Sun

Long Easy Run 90min

Cycle 1 Specific Prep

Week 3 Recovery Week

Mon

Warm-up 2km

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

Warm-down 2km

Tue

Rest Day

Wed

Warm-up 2km

4km solid

Warm-down 2km

Thu

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

Gym II

Fri

Rest Day

Sat

Warm-up 2km

6km solid or Race

Warm-down 2km

Sun

Easy Long Run 60min

Cycle 2 Specific Prep

Week 1

Mon

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

Warm-down 1.5km

Tue

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

Gym I

Wed

Morning -30min easy

Evening - Long Reps

Warm-up 1.5km

6 x 1000m rest 5min

Warm-down 1.5km

Thu

Easy 40min & 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

Warm-down 1.5km

Sun

Morning - Warm-up 2km

4km solid

Warm-down 1km

Midday - Warm-up 2km

4km solid

Warm-down 1km

Evening - Warm-up 2km

4km solid

Warm-down 1km

Cycle 2 Specific Prep

Week 2

Mon

Warm-up 2km

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

3 x 800m hills rest slow jog down

Warm-down 2km

Tue

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

Gym I

Wed

Morning – 30min easy

Evening- Fartlek

Warm-up 2km

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

Warm-down 2km

Thu

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

Gym II

Fri

Rest Day

Sat

Warm-up 2km

6km solid run or race

Warm-down 3km

Sun

Long Easy Run 90min

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

Warm-down 1.5km

Tue

Rest Day

Wed

Warm-up 2km

4km solid

Warm-down 2km

Thu

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

Gym II

Fri

Rest Day

Sat

Warm-up 2km

6-8km solid or Race

Sun

Easy Long Run 60min

Competition Peak

Week 1

Mon

Easy 40min & 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

Warm-down 2km

Wed

Morning - Warm-up 2km

4km solid

Warm-down 1km

Evening - Warm-up 2km

4km solid

Warm-down 1km

Thu

Rest

Fri

Warm-up 1.5km

3km solid

Warm-down 1.5km

Sat

Warm-up 2km

Race or 6km hard

Warm-down 3km

Sun

Easy 60min

Competition Peak

Week 2

Mon

Easy 30min & 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

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

3km solid

Warm-down 1.5km

Afternoon

Warm-up 1.5km

3km solid

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

3km solid

Warm-down 1.5km

Sat

Warm-up 2km

Race or 6km hard

Warm-down 3km

Sun

Easy 60min

Competition Peak

Week 3

Mon

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

Tue

Warm-up 1.5km

4km solid

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

3km solid

Warm-down 1.5km

Afternoon

Warm-up 1.5km

3km solid

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

3km solid

Warm-down 1.5km

Sat

Warm-up 2km

Race or 6km hard

Warm-down 3km

Sun

Easy 60min

Competition Peak

Week 4

Mon

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

Tue

Warm-up 1.5km

4km solid

Warm-down 1.5km

Wed

Morning

Warm-up 1.5km

3km solid

Warm-down 1.5km

Afternoon

Warm-up 1.5km

3km solid

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 & 4 x 60m strides at up to 800m pace

Gym I

Wed

Long Reps

Warm-up 1.5km

2 x 2000m rest 5min

Warm-down 1km

Thu

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

Fri

Rest Day

Sat

Long Run 20-40min

Or

Race

Sun

Rest

Cycle 1 Base

Week 2

Mon

Rest

Tue

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

Gym 1

Wed

Long Reps

Warm-up 1.5km

3 x 1500m rest 5min

Warm-down 1km

Thu

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

Fri

Rest Day

Sat

Long Run 30-40min

Or

Race

Sun

Rest

Cycle 1 Base

Week 3 Recovery week

Mon

Rest

Tue

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

Wed

Long Reps

Warm-up 1.5km

2 x 2000m rest 5min

Warm-down 1km

Thu

Rest

Fri

Rest

Sat

Warm-up 1.5km

3km Time Trial

Warm-down 1km

Sun

Rest

Cycle 2 Base
Week 1
Rest

Tue
Easy 20min & 4 x 60m strides at up to 800m pace
Gym I

Wed
Long Reps
Warm-up 1.5km
3 x 1500m rest 5min
Warm-down 1.5km

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

Fri
Rest

Sat
Long Run 40-50min
Or
Race

Sun
Rest

Cycle 2 Base

Week 2

Mon

Rest

Tue

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

Gym 1

Wed

Long Reps

Warm-up 1.5km

3 x 1500m rest 5min

Warm-down 1.5km

Thu

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

Fri

Rest Day

Sat

Long Run 40-60min

Or

Race

Sun

Rest

Cycle 2 Base

Week 3 Recovery Week

Mon

Rest

Tue

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

Gym 1

Wed

Long Reps

Warm-up 2km

2 x 2000m rest 5min

Warm-down 2km

Thu

Rest

Fri

Rest

Sat

Warm-up 2km

3km Time Trial 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

Warm-down 1.5km

Tue

Gym I

Wed

Long Reps

Warm-up 2km

4 x 1000m rest 5min

Warm-down 2 km

Thu

Rest

Fri

Rest

Sat

Long Run 40-60min

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

Warm-down 1.5km

Tue

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

Gym I

Wed

Fartlek

Warm-up 1.5km

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

Warm-down 1.5km

Thu

Rest

Fri

Rest Day

Sat

Warm-up 1.5km

6km solid run 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

Warm-down 1.5km

Tue

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

Gym I

Wed

Warm-up 2km

4km solid

Warm-down 2km

Thu

Rest

Fri

Rest Day

Sat

Warm-up 2km

6km solid 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

Warm-down 1.5km

Tue

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

Gym I

Wed

Long Reps

Warm-up 1.5km

4 x 1000m rest 5min

Warm-down 1.5km

Thu

Rest

Fri

Rest

Sat

Warm-up 1.5km

6km solid 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

Warm-down 2km

Tue

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

Gym I

Wed

Fartlek

Warm-up 2km

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

Warm-down 2km

Thu

Rest

Fri

Rest

Sat

Warm-up 2km

6km solid run 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

Warm-down 1.5km

Tue

Rest Day

Wed

Warm-up 2km

4km solid

Warm-down 2km

Thu

Rest

Fri

Rest

Sat

Warm-up 2km

6-8km solid 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

Warm-down 2km

Wed

Warm-up 2km

3km solid

Warm-down 1km

Thu

Rest

Fri

Warm-up 1.5km

2km solid

Warm-down 1.5km

Sat

Warm-up 2km

Race or 6km hard

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

Warm-down 1.5km

Wed

Warm-up 1.5km

3km solid

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

2km solid

Warm-down 1.5km

Sat

Warm-up 2km

Race or 6km hard

Warm-down 3km

Sun

Rest

Competition Peak

Week 3

Mon

Rest

Tue

Warm-up 1.5km

3km solid

Warm-down 1.5km

Wed

Warm-up 1.5km

3km solid

Warm-down 1.5km

Thu

Rest

Fri

Warm-up 1.5km

2km solid

Warm-down 1.5km

Sat

Warm-up 2km

Race or 6km hard

Warm-down 3km

Sun

Rest

Competition Peak

Week 4

Mon

Rest

Tue

Warm-up 1.5km

3km solid

Warm-down 1.5km

Wed

Warm-up 1.5km

3km solid

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

What to do with Young Cross Country athletes (ages 9-12)



* Initially it is much more important to **improve balance, posture and stability of the trunk** than it is to improve leg or arm strength. To generate high levels of acceleration and speed requires a trunk that can transfer the force. Almost everyone has a standing body alignment that is not ideal and also have an inadequate ability to maintain good body position i.e. Trunk stability.

* Distance athletes should aim to **develop the ability to relax when running at race pace**. The focus should be on running quietly over the ground and with minimal effort from the upper body.

* Fingers should be relaxed and elbows should be held close to the body and swing behind the plane of the body. (This may require improved shoulder flexibility in some athletes)

* The shoulder girdle should be loose and allowed to bounce not be held down in a fixed position.

* The athlete should not try to lean forward (a very slight lean in fine.)

* Arms should be held with relaxed and the main focus of effort should be a downward & backward stroke. They should also not move very far forward from the body (as this causes athletes to overstride late in the race)

It is important that young athletes compete at shorter events to develop their speed. But the 800m event needs special training at the 800m race speed. The ability to relax and use little energy is important at race pace.

Some sessions to improve performance in the 800m are:

A/ 10 x Flying 100m at 400m race pace rests 3min

B/ 2 sets of 4 runs over 200m at slightly quicker than 800m race pace with rests 90s and 4min between sets.

C/ 3 x 400 at 800m race pace rest 10min

However these sorts of sessions should be performed infrequently with young athletes. It is better to do give them great variety in training – build good postural habits, good running technique and smoothness at race speed. Avoid sacrificing these qualities by doing too much speed work or too much volume. Emphasizing speed or endurance excessively will be bad for the athletes development.

It is important to have good foot function and for this reason it is useful for athletes to spend as much time as possible barefoot. Walking with bare feet on soft sand is very good. (Running on it is not recommended as it can be overly harsh on the calves). Training should be conducted in very light simple shoes. Simple lighter more flexible shoes called Racing flats are much better than heavy supportive running shoes for training in. Some coaches worldwide have reported an increase in the frequency of injuries in athletes with ultra supportive “high tech” shoes this has been suggested to be because these shoes gradually allow feet to become less functional. In cold weather athletes must warm-up carefully and keep warm. Tights are great for training in as they maintain warmth during the frequent recoveries. Keeping warm immediately after training is one of the secrets of avoiding being sick less often in the winter months.

Training for endurance needs to consist of 3 to 4 steady runs during each main training week. These should be of similar duration and involve starting off slow and gradually running faster (the speed depends on how you feel on the day). Start at 20min and build-up slowly as the athlete matures to 30min and then later 40min. Aim to run on all kinds of surfaces with a high percentage on trails and grass. Make sure there is some running on harder surfaces as well as this will prevent problems caused by racing on hard tracks and roads when it happens. Complete some race pace strides over 60m during or near the end of some steady runs e.g. An 800m athlete could do 5 x flying start 60m runs at about 800m race pace with a comfortable recovery. The focus on these is on relaxation at race pace.

Each week should include about 3 sessions that are not steady runs. These sessions can include any of the following:

- Races (not too often)

- Long bushwalks

- Sprint Training

- Tempo Sessions** eg

- 1/ Race pace practise not high stress eg 6 x 200 at 1500m race pace with comfortable rest in between.

- 2/ 4 sets of 5 flying 60m runs at 400-800m pace very relaxed. Rests 2min between and 5min between sets (activity with medicine ball)

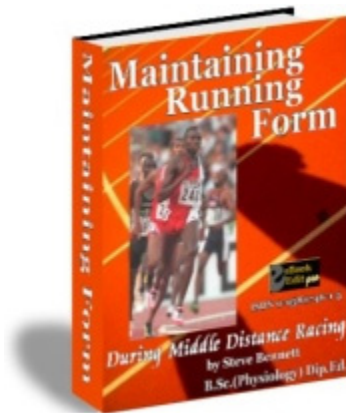
- Aerobic Power Sessions eg.

- 1/ 2 sets of 6 runs over 200m at Cross Country Race pace rest 30s between each run and 4min between sets.

- 2/ 2-3 sets of 3 runs over 300m at Cross Country Pace rests 45s walk/jog 100m and 4min between sets.

- 3/ 3 x 1000m at about 3km to Cross Country race pace rests 8min

- 4/ (Advanced) 2 x 1500m at slightly slower than 1500m race pace rests 20min



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.

Training to improve "**ease of speed**" is the missing factor in many training programs. This e-book will help put people on the right path toward developing the ability to finish races in the way displayed by the likes of **Haile Gebreselassie** , **Wilson Kipketer**, **Hicham El Guerrouge** and **Michael Johnson**.

More information is at www.oztrack.com

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