

3 month Training Programme

Notes

Week	Date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1		Stretch	15 min jog	Cross Train	XC	Rest	Out/back 30min	Rest
2		4x200jog200tempo	15 min jog		XC hills	Rest	Out/back 30min	Rest
3		Easy run	15 min jog		XC stairs			Interval 800 x 4
4		Stretch	15 min jog	Interval 800m x 3	XC	cross train		Interval 1Ks x 3
5		Stretch	15 min jog	5x400even spe	XC	Easy run	Interval 6x2min 3min rec	swim
6		Easy run	15 min jog	Fartlek 20 mins	XC	Rest	Out/back 35min	swim
7		Stretch	15 min jog	Interval 5x2min 2min rec	XC	Rest	Out/back 40min	swim
8		Easy run	15 min jog	Interval 6x2min 2min rec	XC	Rest	Out/back 40min	swim
9		Stretch	15 min jog	Fartlek 25 mins	XC	Rest	hills/stairs	swim
10		Easy run	20 min jog	Interval 5x3min 90sec rec	XC	Rest	Out/back 35min	swim
11		Easy run	20 min jog	Interval 4x4min 90sec rec	XC	Rest	Out/back 20min	swim
12		Cross Trainer	20 min jog	Interval 5x4min 2min rec	XC	Rest	12x100 75%	swim
13		Cross Trainer	20 min jog	Interval 4x4min 2min rec	XC	Rest	Easy run	swim
14		easy run	Easy XC	easy run	rest	rest	race day	recovery

Any School sport training and games replace these sessions, this is for a pure runner only, if sore or tired, have the session off!!

Long runs will include runs similar to XC course (grass, slopes, jumps).

Plyometrics, Fitball and gym sessions help build strength and co-ordination -good form