

AUGUST/SEPTEMBER WEEKS 1-6

ENDURANCE 12 WEEK BLOCK (Part 1) AND GENERAL TRAINING PLAN

Group 4: 30 Mins+ 5K and General Health and Fitness, running 3-4 times per week.

Pick 3-4 from the following, ex:

1-2 x key session + 2 x recovery/easy session

or

1 x key session + 1 x optional extra + 1-2 x recovery/easy)).

Key sessions are highlighted *

Recovery/easy sessions are highlighted

Optional extras are highlighted

*The long run is highlighted as a key session however bear in mind that the long run should not comprise more than 20-25% of your weekly total whether you count in hours/minutes, miles or kms. Another rule of thumb is that your long run should be no longer than your usual recovery run (recommended 30-45 mins), So if your recovery run is usually 35 mins, your long run should be about 70 mins.

For 'paced sessions' (ex "at 5k pace" use your most recent 5k race or time trial this year or a converted recent 3k or 10k time trial or race).

Mantra: '*Train Don't Strain*'

- **Recoveries are presented: (4) (3) (2) etc.** This means you take four/three/two minutes recovery between repetitions or efforts
- **Don't hesitate to drop an easy or rest day to cross train (cycle or swim) or do a strength and conditioning session or Pilates or yoga.**
- **REL = recommended effort level. Values are out of 10. Aim to keep your effort levels within the recommended ranges for each session. Going above or below these recommendations may compromise the optimal 'training effect' and subsequent adaptations.**
- **TOF = total time on feet (hh:mm)**

WEEK 1

DAY/DATE	TRAINING	REL	TOF	TRAINING NOTES
MONDAY 02	Easy run: 30 mins on grass if possible OR cross train OR rest	6-7	00:30	These runs can be done on grass.
TUESDAY 03	SUMMER TIME TRIAL SERIES #2: 1 MILE (see also middle distance/track schedule) League points going for this OR: Fartlek/speed play: - Easy warm up pace for 10 mins + 5 mins strides - 10 mins of steady state running with surges of 30 seconds-2 minutes. - 5 mins easy running - 10 mins of steady state running with surges of 30 seconds-2 minutes. - Recoveries will be more prescribed in future sessions but for today, 'go' again when nearly fully recovered from previous effort. - 10 mins easy cool down	6 + 7 7.5 and 6 on recovery interval 6	00:50	Fartlek is Swedish for 'speed play' and can be as structured or unstructured as you like. This session is slightly less structured to allow for variations in location and terrain. Fartlek differs from interval training in that there is less of a difference in work/rest phases. With fartlek, you should avoid going all out in the work phase, neither should you completely jog in the rest phase. Continuous cruise and surge is the aim. Fartlek has numerous benefits, the primary one here is to begin to condition your body to adapt to changes of pace in a race situation.
WEDNESDAY 04	Recovery run: 30 mins easy pace, on grass or off-road if	6-7	00:30	The pace of this should be slow enough that it does not compromise full freshness for the session tomorrow.

	possible OR REST or CROSS TRAIN			
THURSDAY 05	Club session/grass: - Dynamic stretching - 10 min jog to far field (entrance by Quinns Rd beach) - Drills and strides - 10x 40-45 second hills with slow jog back recovery 5-10 mins cool down	6-7 7 8-9 6	75 mins	
FRIDAY 06	Easy 30-35 mins on grass if possible OR cross train OR rest	6-7	00:30 - 00:35	
SATURDAY 07	Easy/steady run: 40 mins with 4x20 second strides at three-quarters way through the run	6-7	00:40	Do the strides gracefully and think 'good form' rather than sprint. These will teach your body to pick up pace towards the end of a long effort. Often during a longer run, our form can deteriorate and these will encourage running with good form even with a tired body.
SUNDAY 08	Long run: 60-75 mins	6-7		This run should be done at 'chat pace'. Try and go off road for at least some of it.

WEEK 2

MONDAY 09	Easy run: 30 mins on grass if possible OR cross train OR rest			See notes in Week 1
TUESDAY 10	Fartlek/speed play: - Easy warm up pace for 10 mins + 5 mins strides	6 + 7	00:50	

	- As last week, 2x10 mins with 5 mins recovery steady state running with surges of 1 minute on, 1 off, 2 mins on, 2 mins off, 3 mins on, 2 mins off - 10 mins easy cool down	7.5 and 6.5 on recovery interval 6		
WEDNESDAY 11	Rest or Recovery run: 30-35 mins easy pace, on grass or off-road if possible	6	30-35	
THURSDAY 12	Club session/grass: - Dynamic stretching - 10 min jog to far field (entrance by Quinns Rd beach) - Drills and strides - 2x40 second hills - 2x60 " " - 2x40 " " - 2x30 second hills all with slow jog back recovery 5-10 mins cool down incl strides	6-7 7 8-9.5 6	50-60 mins	
FRIDAY 13	Easy run: 30-35 mins on grass if possible OR cross train OR rest	6	00:30-35	
SATURDAY 14	SUMMER TIME TRIAL SERIES #3 800m (see middle distance/track schedule) League points going for this OR:	6-7.5	00:50-00:60	

	40-45 minute easy/steady run			
SUNDAY 15	Long run: 70-75 (or 60 mins if 800m time trial completed)	6-7	60:00-80:00	

WEEK 3

DAY/DATE	TRAINING	REL	TOF	TRAINING NOTES
MONDAY 16	Easy run: 30 mins on grass if possible OR cross train OR rest	6-7	00:30	These runs can be done on grass.
TUESDAY 17	Fartlek/speed play: - Easy warm up pace for 10 mins + 5 mins strides - 20 mins of steady state running with surges of 30 seconds-2 minutes, recovery time today is equal to the amount of time spent surging - 10 mins easy cool down	6 + 7 8 and 7 on recovery interval 6	00:45	Fartlek is Swedish for 'speed play' and can be as structured or unstructured as you like. Fartlek differs from interval training in that there is less of a difference in work/rest phases. With fartlek, you should avoid going all out in the work phase, neither should you completely jog in the rest phase. Continuous cruise and surge is the aim. Fartlek has numerous benefits, the primary one here is to begin to condition your body to adapt to changes of pace in a race situation.
WEDNESDAY 18	Rest or Recovery run: 30 mins easy pace, on grass or off-road if possible	6-7	00:30	The pace of this should be slow enough that it does not compromise full freshness for the session tomorrow.
THURSDAY 19	Club session/grass: - Dynamic stretching - 10 min jog to far field	6-7	60 mins	

	(entrance by Quinns Rd beach) - Drills and strides - 6x60 second hills with slow jog back recovery 5-10 mins cool down incl strides	7 8-9.5 6		
FRIDAY 20	Easy 35 mins on grass if possible OR cross train OR rest	6-7	00:35	
SATURDAY 21	Easy/steady run: 40-45 mins (depending on fatigue levels) with 4x20 second strides at three-quarters way through the run	6-7	0040-:45	Do the strides gracefully and think 'good form' rather than sprint. These will teach your body to pick up pace towards the end of a long effort. Often during a longer run, our form can deteriorate and these will encourage running with good form even with a tired body.
SUNDAY 22	Long run: 70-80 mins	6-7	00:70-00:80	This run should be done at 'chat pace'. Try and go off road for at least some of it.

WEEK 4 STEP BACK WEEK

MONDAY 23	Easy run: 25-30 mins on grass if possible OR cross train OR rest			See notes in Week 1
TUESDAY 24	SUMMER TIME TRIALSERIES #4 1000m (see also middle distance/track schedule) League points going for this			

WEDNESDAY 25	Rest or Recovery run: 30-35 mins easy pace, on grass or off-road if possible	6	00:30 - 00:35	
THURSDAY 26	Club session/grass: - Dynamic stretching - 10 min jog to far field (entrance by Quinns Rd beach) - Drills and strides - 6 x 40 seconds hills 5-10 mins cool down	6-7 7 8-8.5 6	00:55	
FRIDAY 27	Easy run: 35-40 mins on grass if possible OR cross train OR rest	6	00:35- 00:40	
SATURDAY 28	30 minute easy run or rest	6-7.5	00:45	
SUNDAY 29	Long run: 60 mins	6-7	01:15	

WEEK 5 SEPTEMBER

DAY/DATE	TRAINING	REL	TOF	TRAINING NOTES
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MONDAY 30	Rest			Rest
TUESDAY 31	Long intervals: - Easy warm up pace for 10 mins + 5 mins strides - 5x3 mins at 10k pace/effort (3 mins rolling recovery) - 10-15 mins easy cool down incl strides	6 + 7 8 and 6 on recovery interval 6	01:00	You should avoid doing these so hard that you have to walk the recovery (3 mins). Keep jogging continuously. You should feel like you could do a couple more at the end of the session 'if you had to'.
WEDNESDAY 01	Rest or Recovery run: 30 mins easy pace, on grass or off-road if possible	6-7	00:30	The pace of this should be slow enough that it does not compromise full freshness for the session tomorrow.
THURSDAY 02	Club session: - Dynamic stretching - 10 min jog to far field (entrance by Quinns Rd beach) - Drills and strides - 8x400m, 90 second rolling recovery 10 mins incl strides to cool down	6-7 7 7-8 6-7	75 mins	Although these are 'only' 400m, they should not be done faster than 5k pace. The purpose of these is to accustom your body to tune into 5k pace and effort. As these sessions progress, so will the recovery interval decrease which will have the purpose of effectively mimicking 5k conditions and conditioning your body to these circumstances.
FRIDAY 03	Easy 35-40 mins on grass if possible OR cross train OR rest	6-7	00:35-00:40	
SATURDAY 04	Easy/steady run: 45 mins (depending on fatigue levels) with 4x20 second strides at three-quarters way through the run	6-7	00:45	Do the strides gracefully and think 'good form' rather than sprint. These will teach your body to pick up pace towards the end of a long effort. Often during a longer run, our form can deteriorate and these will encourage running with good form even with a tired body.

SUNDAY 05	Long run: 75 mins incl a slightly faster effort from 60-65 mins	6-7	01:15	This run should be done at 'chat pace'. Try and go off road for at least some of it.
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WEEK 6

MONDAY 06	Easy run: 30 mins on grass if possible OR cross train OR rest			
TUESDAY 07	10 mins warm up + 5 mins strides 2x3.5 mins (3 mins recovery) at 5k race pace + 4x40 second strides at slightly faster than 5k pace	1 6		
WEDNESDAY 08	Rest or Easy run 25-30 mins easy pace incl 4-5x20 second strides at 5k race pace	6	45-50	
THURSDAY 09	SUMMER TIME TRIALSERIES #5 Club 5K HANDICAP CHAMPIONSHIPS League points going for this 10-15 mins cool down incl short strides			
FRIDAY 13	Easy run: 30 mins on grass if possible OR cross train OR rest	6	00:30	
SATURDAY 14	45-50 minute easy/steady run	6-7.5	00:45-00:60	

SUNDAY 15	Long run: 70-80 mins	6-7	01:00 -01:20	
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BLOCK 2, Weeks 7-12, September-October

WEEK 7 SEPTEMBER 13-19

DAY/DATE	TRAINING	REL	TOF	TRAINING NOTES
MONDAY 13	Easy run: 30 mins on grass if possible OR cross train OR rest	6-7	00:30	These runs can be done on grass.
TUESDAY 14	Short interval session at <u>5k effort/pace or slower:</u> - 10 mins warm up + 5 mins strides - 8x400 (200m slow rolling recovery) - 10 mins cool down	6-7 7.5-8 7	50-60 mins	Work out your pace for these beforehand. They shouldn't be faster than your current 5k pace.
WEDNESDAY 15	Recovery run: 30-35 mins easy pace, on grass or off-road if possible	6-7	00:30-35	The pace of this should be slow enough that it does not compromise full freshness for the session tomorrow.
THURSDAY 16	Long intervals: - Dynamic stretching, Easy warm up pace for 10 mins, drills and strides - 6 x 3 mins (3) These should be done at 10k pace/effort - 5-10 mins cool down	6 + 7 8 and 6-7 on recovery interval 6	60 mins	Avoid doing these so hard that you have to walk the recovery. Keep jogging continuously. You should feel like you could do a couple more at the end of the session 'if you had to'.

FRIDAY 17	Easy 30-35 mins on grass if possible OR cross train OR rest	6-7	00:30-00:35	
SATURDAY 18	Easy/steady run: 40 mins (depending on fatigue levels) with 4x20 second strides at three-quarters way through the run	6-7	00:40	Do the strides gracefully and think 'good form' rather than sprint. These will teach your body to pick up pace towards the end of a long effort. Often during a longer run, our form can deteriorate and these will encourage running with good form even with a tired body.
SUNDAY 19	Long run: 60-75 mins	6-7	60-75 mins	This run should be done at 'chat pace'. Try and go off road for at least some of it.

WEEK 8 September 20-26

MONDAY 20	Easy run: 30 mins on grass if possible OR cross train OR rest			On grass if possible
TUESDAY 21	10 mins warm up + 5 mins strides 4 x 4 mins (2mins) at 5k race pace or slightly slower 10 min cool down	6 and 7 on strides 8-8.5 (5-6) 6	50-60 mins	The 2 minutes recovery should be a continuous jog. If you need to stop, you are doing these too hard
WEDNESDAY 22	Easy run 35-40 mins easy pace/effort	6	00:35-40	The pace of this should be slow enough that it does not compromise full freshness for the session tomorrow.
THURSDAY 23	Club session, 10k warm up: Group gentle dynamic stretching, jog, drills into short strides	6	60 mins This may be the last session in the park,	Avoid doing these so hard that you have to walk the recovery. Keep jogging continuously. Treat the first few of these as a continuation of the warm up. If the recovery is getting slower

	Body: 8x2 mins (90 seconds rolling recovery). Don't overestimate your 10k pace! Cool down	7-8 7.5 (6.5-7)	depending on daylight	as you go on, you may be overcooking the session. Consistency for reps and recovery is key. As a 'first time session', err on the side of caution
FRIDAY 24	Easy run: 35 mins on grass if possible OR cross train OR rest	6	00:35	
SATURDAY 25	45 minute easy/steady run with 4x20 second strides at around 30 mins	6-7.5	00:45	Do the strides gracefully and think 'good form' rather than sprint. These will teach your body to pick up pace towards the end of a long effort. Often during a longer run, our form can deteriorate and these will encourage running with good form even with a tired body.
SUNDAY 26	Long run: 70-80 mins	6-7	70-80 mins	Try to do this off road if possible. Keep at chat pace.

WEEK 9 September 27- October 03

DAY/DATE	TRAINING	REL	TOF	TRAINING NOTES
MONDAY 27	Easy run: 30 mins on grass if possible OR cross train OR rest	6-7	00:30	These runs can be done on grass.
TUESDAY 28	Long intervals at 10k pace/effort or slightly slower (work this out beforehand): - Easy warm up pace for 10 mins + 5 mins strides - 5x4mins (3 mins*) - 5-10 mins easy cool	6 + 7 7.5-8 and 6 on	01:00	This is a high volume session. Make sure you have fuelled adequately the day before. Allow enough time as well, this session will probably take 60 mins. Avoid doing this session faster than 10k pace effort. Also, if it is not 'happening' on the day (sleep, nutrition, stress, weather, terrain)

	down	recovery interval		chalk it up and don't stress. Inclines are inevitable on a session like this, especially if doing on the road. In this case, don't attempt to maintain pace 'at all costs', instead use effort as a gauge. You should avoid doing these so hard that you have to walk the recovery. Keep jogging continuously.
		5-6 on cool down		.
WEDNESDAY 29	Recovery run: 30-35 min easy pace, on grass or off-road if possible	5.5-6.5	00:30-35	The pace of this should be slow enough that it does not compromise full freshness for the session tomorrow.
THURSDAY 30	Club session 5k effort/pace: Warm up: - Dynamic stretching - 10 min jog - Body: - 5x600m (90 secs)* Cool down: 5-10 mins very easy cool down depending on daylight	6-7 7 7-8 6-7	60 mins	
FRIDAY 01	Easy 30 mins on grass if possible OR cross train OR rest	6-7	00:30	
SATURDAY 02	Easy run: 35-45 mins (depending on fatigue levels) with 4x20 second strides at three-quarters way through the run OR REST	6-7	00:35-00:45	Do the strides gracefully and think 'good form' rather than sprint. These will teach your body to pick up pace towards the end of a long effort. Often during a longer run, our form can deteriorate and these will encourage running with good form even with a tired body.

SUNDAY 03	ATHLETICS WICKLOW NOVICE C'C CHAMPIONSHIPS (little/no taper)	9-10!	70-80 mins	Give it a go?! Let's get the Bray Runners Colours on!
	OR Long run: 70-80 mins incl a slightly faster effort from 60-70 mins	OR 6-7.5		This run should be done at 'chat pace', faster effort should be able to talk 'if you had to'. Try and go off road for at least some of it.

WEEK 10 October 04 - 10 **STEP BACK WEEK:**

MONDAY 04	Easy run: OR cross train OR rest	5.5-6	30 mins	See previous weeks for relevant notes. Volume has been reduced this week, intensity slightly in order to leave you free to test yourself at Saturday parkrun OR Sunday Cross Country
TUESDAY 05	Long Interval Pyramid at 10k-10 mile effort: - 10 mins warm up + 5 mins strides - 1x3 min (2), 1x4 min (3) 1x5 min (4) 1x4 min (3) 1x3 min (2) - 5-10 min cool down	6-7 7-8 6	60	Make sure you calculate your pace range beforehand for this so you don't over-cook the session

WEDNESDAY 06	Easy run 30 mins easy pace or rest	6	00:30	
THURSDAY 07 Meet at Lidl, Little Bray	Club session/tune up: - Stretching, jog and drills into strides - 2x 4 mins (3 mins recovery) at 5k race pace - 5x100 strides at 3-5k race pace - 5-10 mins cool down			
FRIDAY 08	Easy run: 30 mins on grass if possible OR cross train OR rest	6	00:35	
SATURDAY 09	30 mins incl 4x20 second strides OR REST OR Parkrun	6-7.5 9+	00:50-00:60	
SUNDAY 10	ATHLETICS WICKLOW INTERMEDIATE C'C CHAMPIONSHIPS OR Long run: 1h 15 mins (50-60 mins if you have done the Parkrun)	9+! 7-7.5	 50-75 mins	

WEEK 11 October 11-17

DAY/DATE	TRAINING	REL	TOF	TRAINING NOTES
MONDAY 11	Easy run: 35 mins on grass if possible OR cross train OR rest	5-6	00:35	These runs can be done on grass.
TUESDAY 12	Short intervals at 10k effort: warm up: 10 mins + 5 mins strides Body: 8x2 mins (90 seconds rolling recovery). Don't overestimate your 10k pace! 5-10 mins Cool down	6 + 7 7.5-8 and 6 on recovery interval 6	50-60 mins	See Thur 23 Sept for notes to this session. Aim to replicate it but adjust what could have gone better: for example if you fell off pace on the reps and/or recovery.
WEDNESDAY 13	Recovery run: 35 mins easy pace, on grass or off-road if possible/daylight	6-7	00:35	The pace of this should be slow enough that it does not compromise full freshness for the session tomorrow.
THURSDAY 14 Meet at Lidl, Little Bray	Club session, long hills: 10-15 min warm up + drills and strides 5 x long hills, medium gradient (60 seconds), continuous jog back to start 10-15 min cool down	6-7 7 7 6-7	60 mins	This is the start of Winter Hills. This first session should be conservative, ie 5k tempo effort. Duration, volume and intensity will increase over the coming months.
FRIDAY 15	Easy 35 mins on grass if possible OR cross train OR rest	6-7	00:35-	

SATURDAY 16	Easy 30 mins + strides/race prep if racing tomorrow	6-7		
	OR Easy/steady run: 45 mins (depending on fatigue levels) with 6x20 second strides at three-quarters way through the run	6.5-7.5	00:45	Do the strides gracefully and think 'good form' rather than sprint. These will teach your body to pick up pace towards the end of a long effort. Often during a longer run, our form can deteriorate and these will encourage running with good form even with a tired body.
SUNDAY 17	SPAR AUTUMN OPEN C'C CHAMPIONSHIPS	9+		
	OR Long run: 80-85 mins incl a slightly faster effort from 65-75 mins	6-7	01:20-25	This run should be done at 'chat pace'. Try and go off road for at least some of it.

WEEK 12 October 18-24

MONDAY 18	Easy run: 30 mins on grass if possible OR cross train OR rest	6	30	
TUESDAY 19	If racing on Saturday:			
	10-15 mins warm up + 5 mins strides	6		
	2x1k (3 mins recovery) at 5k race pace + 4x200 strides at 3k race pace	7-8		
	If not racing on Saturday, repeat last week's 8-10 x 2 mins but reduce recovery interval to 1 minute	7-8		

	10-15 mins cool down	6-7		
WEDNESDAY 20	Easy run 30-35 mins easy pace	6	00:30	
THURSDAY 21	TBC			
FRIDAY 22	Easy run: 30-35 mins on grass if possible + race prep strides OR cross train OR rest	6	00:30-00:35	
SATURDAY 23	ATHLETICS LEINSTER NOVICE (AND MASTER?) C'C CHAMPIONSHIPS OR 45 minute easy/steady run	6-7.5		
SUNDAY 24	Long run: 45-60 mins if you have raced the previous day. Or 1 hour 15 mins if not	6-7		