

ETON MANOR AC ADULT SECTION TRAINING SCHEDULE

Week	Start Date	Sunday EM Club House	Monday Waltham Forest pool & track	Tuesday EM Club House	Wednesday	Thursday EM Club House	Friday	Saturday	Intensity Levels
1	16/04/17	Easy Long Run: Route of your choosing 8-10 miles	Steady trail/cross country Run Route of your choosing 30-45 mins	Aerobic Speed Workout: Orem's Way Pyramid 2/4/6/8/6/4/2 minutes 3 min regroup Jog recovery	Core training (eg Pilates)	Steady run: Whippis Cross Group 1 return via Whippis Cross Road Group 2 return via Eagle Pond	Rest & Stretch For example Yoga	Steady trail/cross country Run Route of your choosing 30-45 mins	M
2	23/04/17	Easy Long Run: Route of your choosing 8-10 miles	Track Session: Cooper Test	Aerobic Speed Workout: Spring Hill Hill reps 25 mins	Core training (eg Pilates)	Steady run with Fartlek: Olympic Park	Rest & Stretch For example Yoga	Steady trail/cross country Run Route of your choosing 30-45 mins	H
3	30/04/17	Easy Long Run: Route of your choosing 8-10 miles	Steady trail/cross country Run Route of your choosing 30-45 mins	Steady run: Spring Hill Group 1 return via Lea Bridge road. Group 2 Turn right along Chatsworth Road and return via Short Chats route.	Core training (eg Pilates)	TARGET RACE Assembly league Victoria Park 3.5 miles	Rest & Stretch For example Yoga	Steady trail/cross country Run Route of your choosing 30-45 mins	M
4	07/05/17	Easy Long Run: Route of your choosing 8-10 miles	Track Session: Aerobic Speed Workout 4x100m with 100m recovery at 3km pace 4x800m with 1 min recovery at 5km pace 4x100m with 100m recovery at 3km pace	Aerobic Speed Workout: Hackney/Walthamstow Marshes 4x30 sec with 30 sec recovery at 3km pace 4x4 min with 1 min recovery at 5km pace 4x30 sec with 30 sec recovery at 3km pace	Core training (eg Pilates)	Steady run: Big Breakfast Group 1 right over Red Bridge taking short way round main marsh Group 2 Turn left over Red Bridge and run long way round main marsh, return the same way	Rest & Stretch For example Yoga	TARGET RACE Essex XC league Hylands Park 10km	M
5	14/05/17	Easy Long Run: Route of your choosing 8-10 miles	Track Session: Easy Paarlauf session	Steady run: Tottenham lock Group 1 Markfield Park & back Group 2 Tottenham lock & back	TARGET RACE ELVIS league Eastendbrook Park, Dagenham 5 miles	Steady run with Fartlek: Olympic Park Steady run to park via Hackney Marshes	Rest & Stretch For example Yoga	Core training (eg Pilates)	M
6	21/05/17	Easy Long Run: Route of your choosing 8-10 miles	Track Session: Aerobic Speed Workout 3 set 200/600/800m 4 min recovery between sets, no recovery between reps at sprint/5km/10km pace respectively	Aerobic Speed Workout: Hackney/Walthamstow Marshes 3 sets 1 min/3 mins/4mins at sprint/5km/10km pace respectively 4 min recovery between sets	Core training (eg Pilates)	Steady run: Big Breakfast Group 1 right over Red Bridge taking short way round main marsh Group 2 Turn left over Red Bridge and run long way round main marsh, return the same way	Rest & Stretch For example Yoga	Steady trail/cross country Run Route of your choosing 30-45 mins	M
7	28/05/17	Easy Long Run: Route of your choosing 8-10 miles	Steady trail/cross country Run Route of your choosing 30-45 mins	Steady run: Tottenham lock Group 1 Markfield Park & back Group 2 Tottenham lock & back	Core training (eg Pilates)	TARGET RACE Assembly league Battersea Park 5km	Rest & Stretch For example Yoga	Steady trail/cross country Run Route of your choosing 30-45 mins	M
8	04/06/17	Easy Long Run: Route of your choosing 8-10 miles	Track Session: Meet & Return session	TARGET RACE ELVIS league Raphaels Park, Romford 5 miles	Core training (eg Pilates)	Steady run with Fartlek: Olympic Park Steady run to park via Hackney Marshes	Rest & Stretch For example Yoga	TARGET RACE Essex XC league Danbury Park 10km	H

It is not recommended that runners complete both Monday and Tuesday Speed Sessions in the same week!

If you take part in the Monday session, on Tuesday either rest or complete a 30-45 minutes easy recovery run. If you are doing the Tuesday session, on Monday rest or Complete an easy 30-45 minute run

GENERAL INFORMATION

Zone 3

Very, very hard

SOMETIMES KNOWN AS:
Very high intensity, race pace, etc.

SUBJECTIVE FEEL:
You don't want to stay in this zone for long!

TYPICAL BLOOD LACTATE:
More than 4mmol per litre (mM/L)

Zone 2

Moderately hard

SOMETIMES KNOWN AS:
Threshold training, intensive endurance, etc.

SUBJECTIVE FEEL:
You know you've had a workout!

TYPICAL BLOOD LACTATE:
Between 2 and 4mmol per litre (mM/L)

Zone 1

Easy

SOMETIMES KNOWN AS:
Aerobic, Easy, Recovery, Long slow distance, etc.

SUBJECTIVE FEEL:
You feel like you can keep going and going

TYPICAL BLOOD LACTATE:
Less than 2mmol per litre (mM/L)

AM 1 GROUP 1 or GROUP 2 Group 1: 5k in 25 mins plus Group 2: 5k in sub-25 mins	LONG RUNS Steady or easy pace effort should not feel hard but build up endurance, ability to keep going. Good prep for longer races and cross country season.	TRACK SESSION Track sessions are for everyone They are different to the speed sessions on a Tuesday as they are based on distance where as Tuesdays sessions are based on time. Even though this is a group session you are in control of your own speed, there is no need to keep up with anyone else.	SPEED SESSION Try and maintain the same pace throughout the session, so make sure the pace you start at you are able to maintain for the whole session. Please use recovery times to regroup. Once 'Aerobic Speed Workout' sessions have been completed cool down. Group 1 for at least 1 mile Group 2 for at least 2 miles	STEADY RUN Try to maintain a regular pace where a 2 word conversation is possible. The number of words you can say whilst running indicate the intensity of your running. Holding a conversation = easy to steady pace (used for longer runs); 3 words max = running at 5k - 10k pace; 1 word / no words = 3k pace - max effort.	WHAT IS PAARLAUF In groups of 3 (of similar pace), select 2 points to run between. Runner 1 & 3 at 1st point and Runner 2 at 2nd. Runner 1 runs to point 2 Runner 2 runs to point 1 Runner 3 runs to point 2 Runner 1 runs to point 1 Runner 2 runs to point 2 Runner 3 runs to point 1 Then repeat the cycle for the duration of the session finishing with runner 3)	WHAT IS GROUP FARTLEK A Fartlek session is NOT a speed session! In a group of similar pace runners, start your STEADY RUN at your usual pace, once you have arrived at the location where you are to start your Fartlek session use trees, lamposts etc. as interval markers, with bursts of speed returning to your STEADY RUN pace for similar periods/distance of recovery. Try and stay in your groups.	TRAIL/CROSS COUNTRY RUN A trail/cross country run is different to running on a flat pavement, as well as increasing variety it improves balance and coordination. As well as stopping your mind wandering. INTENSITY LEVEL Training at different intensity levels develops different systems within the body that you'll use during the various stages of a race. See zones above
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