

# 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	21/01/18	Easy Long Run: Route of your choosing <b>8-10 miles</b>	Track Session: Aerobic Speed Workout 3 set <b>800/600/200m</b> 4 min recovery between sets, no recovery between reps at 10km/5km/Sprint pace respectively	Aerobic Speed Workout: Orient Way 3 sets <b>3 mins/2 mins 15 secs/45 secs</b> at 10km/5km/Sprint pace respectively 4 min recovery between sets	Core training (eg Pilates)	Steady run: Spring Hill Group 1 return via Lea Bridge road. Group 2 Turn right along Chatsworth Road and return via Short Chats route.	Rest & Stretch For example Yoga	<b>TARGET RACE</b> Southern XC Champs Stanmer Park, Brighton <b>various</b>	H
2	28/01/18	Easy Long Run: Route of your choosing <b>8-10 miles</b>	Track Session: Easy Paarlaf session	Marsh Lane: Easy Paarlaf session	Core training (eg Pilates)	Steady run: Whipps Cross Group 1 return via Whipps Cross Road Group 2 return via Eagle Pond	Rest & Stretch For example Yoga	Steady trail/cross country Run Route of your choosing <b>30-45 mins</b>	L
3	04/02/18	Easy Long Run: Route of your choosing <b>8-10 miles</b>	Track Session: Aerobic Speed Workout <b>Cooper test</b>	Marsh Lane/Spring Hill: Hill session 25 mins	Core training (eg Pilates)	Steady run: Hackney Downs Group 1 return via Lea Bridge Road Group 2 return via Homerton	Rest & Stretch For example Yoga	Steady trail/cross country Run Route of your choosing <b>30-45 mins</b>	M
4	11/02/18	Easy Long Run: Route of your choosing <b>8-10 miles</b>	Track Session: <b>1 set 12x400m</b> 1 min recovery between reps	Aerobic Speed Workout: Millfields <b>12x1min 30 secs</b> ( 1 min recovery between reps)	Core training (eg Pilates)	Steady run: Chats Group 1 return via Orient Way Group 2 return via Oliver Road	Rest & Stretch For example Yoga	<b>TARGET RACE</b> Chingford league Victoria Park <b>8km</b>	M
5	18/02/18	Easy Long Run: Route of your choosing <b>8-10 miles</b>	Track Session: <b>1 set 6x800m</b> 1 min recovery between reps	Aerobic Speed Workout: Orient Way <b>6x3mins</b> ( 1 min recovery between reps)	Core training (eg Pilates)	Steady run with Fartlek: Olympic Park	Rest & Stretch For example Yoga	<b>TARGET RACE</b> National XC champs Parliament Hill <b>various</b>	M
6	25/02/18	Easy Long Run: Route of your choosing <b>8-10 miles</b>	Track Session: <b>1 set 3x1600m</b> 1 min recovery between reps	Aerobic Speed Workout: Orient Way <b>4x4mins</b> ( 1 min recovery between reps)	Core training (eg Pilates)	Steady run: Spring Hill Group 1 return via Lea Bridge road. Group 2 Turn right along Chatsworth Road and return via Short Chats route.	Rest & Stretch For example Yoga	Steady trail/cross country Run Route of your choosing <b>30-45 mins</b>	M
7	04/03/18	Easy Long Run: Route of your choosing <b>8-10 miles</b>	Track Session: Anaerobic Speed Workout <b>Flying 30s</b>	Aerobic Speed Workout: Orient Way Flying 3 lamposts accelerate to topspeed for 3 lamposts then run for a further 3 at topspeed then decelerate for another 3 regroup, repeat 10 times	Core training (eg Pilates)	Steady run: Whipps Cross Group 1 return via Whipps Cross Road Group 2 return via Eagle Pond	Rest & Stretch For example Yoga	<b>TARGET RACE</b> Chingford league Wanstead Flats <b>2 mile XC relays</b>	H
8	11/03/18	Easy Long Run: Route of your choosing <b>8-10 miles</b>	Track Session: Pyramid <b>400m/800m/1200m/1600m/1200m/800m/400m</b> 400m jogged recovery between reps	Aerobic Speed Workout: Orient Way Pyramid <b>1 min 30 secs/3 mins/4 min 30 secs/6 mins/4 min 30 secs/3 mins/1 min 30 secs</b> 3 min regroup jog recovery	Core training (eg Pilates)	Steady run: Hackney Downs Group 1 return via Lea Bridge Road Group 2 return via Homerton	Rest & Stretch For example Yoga	<b>TARGET RACE</b> Winter handicap Hackney Marshes <b>5 mile XC</b>	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 won'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)

<b>AM I GROUP 1 or GROUP 2</b>	<b>LONG RUNS</b>	<b>TRACK SESSION</b>	<b>SPEED SESSION</b>	<b>STEADY RUN</b>	<b>WHAT IS PAARLAUF</b>	<b>WHAT IS GROUP FARTLEK</b>	<b>TRAIL/CROSS COUNTRY RUN</b>
Group 1: 5k in 25 mins plus Group 2: 5k in sub-25 mins	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 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.	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.	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.	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	A Fartlek session is NOT a speed session! In a group of similar pace runners, start your <b>STEADY RUN</b> 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 <b>STEADY RUN</b> pace for similar periods/distance of	A trail/cross country run is different to running on a flat pavement, as well as increasing variety it improves balance and co-ordination. As well as stopping  <b>INTENSITY LEVEL</b> Training at different intensity levels develops different systems within the body that you'll use during the various stages of a race. <b>See</b>