

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	02/09/18	Easy Long Run: Route of your choosing 8-10 miles	Track Session: Aerobic Speed Workout 12x400m & 1x200m 5k & sprint pace, 30 secs recovery	Aerobic Speed Workout: Orient Way 12 x 1 min 30secs at 5km pace with 30 secs recovery & 1 x 45 secs sprint	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 RACE Essex series Weald Park 10 km XC	M
2	09/09/18	Easy Long Run: Route of your choosing 8-10 miles	Track Session: Aerobic Speed Workout 6x800m & 1x200m 5k & sprint pace, 1 min recovery	Aerobic Speed Workout: Orient Way 6 x 3 min at 5km pace with 1 min recovery & 1 x 45 secs sprint	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	A RACE Club Handicap Clubhouse, Leyton 5 miles	H
3	16/09/18	Easy Long Run: Route of your choosing 8-10 miles	Track Session: Aerobic Speed Workout 5x1000m & 1x200m 5k & sprint pace, 1 min recovery	Aerobic Speed Workout: Orient Way 5 x 4 min at 5km pace with 1 min recovery & 1 x 45 secs sprint	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 30-45 mins	M
4	23/09/18	Easy Long Run: Route of your choosing 8-10 miles	Track Session: Easy Meet & Return session	Aerobic Speed Workout: Jubilee Park Paarlauf Session	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
5	30/09/18	C RACE ELVIS league Valentines Park 5km	Track Session: Easy Paarlauf session	A RACE Chingford league Hog Hill 5km	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 30-45 mins	H
6	07/10/18	Easy Long Run: Route of your choosing 8-10 miles	Track Session: Aerobic Speed Workout Cooper Test	Aerobic Speed Workout: Orient Way 3 sets 8x45 secs (30 secs 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 30-45 mins	M
7	14/10/18	Easy Long Run: Route of your choosing 8-10 miles	Track Session: Aerobic Speed Workout 3 sets 400/1600/400/100 at 5k/10k/5k/sprint pace, 3 mins recovery between sets	Aerobic Speed Workout: Orient Way Pyramid 1 min 30secs/3 mins/4 min 30secs/6 mins/4 min 30secs/3 mins/1 min 30secs	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	A RACE Chingford league Leyton Jubilee Park 5 miles	M
8	21/10/18	Easy Long Run: Route of your choosing 8-10 miles	Track Session: Anaerobic Speed Workout Flying 30s	Aerobic Speed Workout: Orient Way Pyramid 4 min 30secs/3 mins/1 min 30secs/45 secs/1 min 30secs/3 mins/4 min 30secs	Core training (eg Pilates)	Steady run with Fartlek: Olympic Park	Rest & Stretch For example Yoga	A RACE North of the Thames Kingsbury various	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)

AM I 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.	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	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	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, lampposts etc. as interval markers, with bursts of speed returning to your STEADY RUN pace for similar periods/distance of	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 co-ordination. As well as stopping 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
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