

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	18/03/18	Easy Long Run: Route of your choosing 8-10 miles	Track Session: Easy Meet & Return session	Marsh Lane: Easy 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
2	25/03/18	Easy Long Run: Route of your choosing 8-10 miles	Track Session: Anaerobic Speed Workout Flying 30s	Aerobic Speed Workout: Orient Way Flying 30s	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 RACE Mike Penman Victoria Park 10km	L
3	01/04/18	Easy Long Run: Route of your choosing 8-10 miles	NO TRACK SESSION: Steady trail/cross country Run Route of your choosing 30-45 mins	Steady run: Whipps Cross Group 1 return via Whipps Cross Road Group 2 return via Eagle Pond	Core training (eg Pilates)	A RACE Assembly league Beckenham 3 mile	Rest & Stretch For example Yoga	Steady trail/cross country Run Route of your choosing 30-45 mins	M
4	08/04/18	Easy Long Run: Route of your choosing 8-10 miles	Track Session: 1 set 12x200m 200m jogged recovery between reps	Aerobic Speed Workout: Millfields 25x45 secs (30 secs recovery between reps)	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	C RACE Parkrun flashmob Hackney Marshes 5km	M
5	15/04/18	Easy Long Run: Route of your choosing 8-10 miles	Track Session: 1 set 8x400m 200m jogged recovery between reps	Aerobic Speed Workout: Orient Way 12x1min 30 secs (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	Steady trail/cross country Run Route of your choosing 30-45 mins	M
6	22/04/18	Easy Long Run: Route of your choosing 8-10 miles	Track Session: 1 set 6x600m 200m jogged recovery between reps	Aerobic Speed Workout: Orient Way 9x2mins 15 secs (1 min recovery between reps)	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	M
7	29/04/18	Easy Long Run: Route of your choosing 8-10 miles	Track Session: Easy Meet & Return session	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)	A RACE Assembly league Victoria Park 3.5 mile	Rest & Stretch For example Yoga	Steady trail/cross country Run Route of your choosing 30-45 mins	H
8	06/05/18	Easy Long Run: Route of your choosing 8-10 miles	NO TRACK SESSION: Steady trail/cross country Run Route of your choosing 30-45 mins	Aerobic Speed Workout: Orient Way Inverted Pyramid 4 min 30 secs/3 mins/1 min 30 secs /45 secs/1 min 30 secs/3 mins/4 mins 30 secs 3 min regroup jog recovery	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	B RACE Essex series Hylands Park 10 km XC	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 they 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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