

<u>Week 5</u>	<u>Session 1</u>	<u>Session 2</u>
<u>Monday</u>	<p>AE1) Base Maintenance Run + Strides</p> <p>The idea behind this session is to develop your 'aerobic base'. This session could also be used as a recovery run after a hard session. Whether you are training to heart rate or RPE, this session should feel comfortable at all times.</p> <ul style="list-style-type: none"> - 5 minutes warm up, low effort. - 25 minutes at a medium effort. - 5x10 seconds strides at a hard effort into 50 seconds at a medium effort. - 5 minutes warm down, low effort. 	<p>Stretching & Mobility)</p> <p>10-15 minutes of static and dynamic stretching. This will help to aid recovery and also increase performance.</p>
<u>Tuesday</u>		<p>Stretching & Mobility)</p> <p>10-15 minutes of static and dynamic stretching. This will help to aid recovery and also increase performance.</p>
<u>Wednesday</u>	<p>AnE1) Threshold Development</p> <p>The idea behind this session is to develop your anaerobic threshold and top end speed by improving your bodies ability to tolerate and clear lactic build up by performing multiple efforts above your threshold with short recoveries.</p> <ul style="list-style-type: none"> - 5 minutes warm up at a low effort. - 5x10 seconds strides at a hard effort with 50 seconds steady recovery at a low/medium effort. - 2 minutes steady recovery at a low effort - 8x4 minutes at a hard effort with 1 minute static recovery or gentle walk. - 5 minutes warm down at a low effort 	<p>Stretching & Mobility)</p> <p>10-15 minutes of static and dynamic stretching. This will help to aid recovery and also increase performance.</p>
<u>Thursday</u>		<p>Stretching & Mobility)</p> <p>10-15 minutes of static and dynamic stretching. This will help to aid recovery and also increase performance.</p>

<u>Friday</u>	<p>AE1) Base Maintenance Run + Strides</p> <p>The idea behind this session is to develop your 'aerobic base'. This session could also be used as a recovery run after a hard session. Whether you are training to heart rate or RPE, this session should feel comfortable at all times.</p> <ul style="list-style-type: none"> - 5 minutes warm up, low effort. - 20 minutes at a medium effort. - 5x10 seconds strides at a hard effort into 50 seconds at a low effort. - 5 minutes warm down, low effort. 	<p>Stretching & Mobility)</p> <p>10-15 minutes of static and dynamic stretching. This will help to aid recovery and also increase performance.</p>
<u>Saturday</u>	<p>AE3) Progressive Intervals</p> <p>The idea behind this session is to help you build strength and endurance by working just below your threshold with a steady build.</p> <ul style="list-style-type: none"> - 10 minutes warm up at a low effort. - 12 minutes as: 6 minutes at a medium effort, 4 minutes at a medium/hard effort, 2 minutes at a hard effort. - 4 minutes low effort. - 12 minutes as: 6 minutes at a medium effort, 4 minutes at a medium/hard effort, 2 minutes at a hard effort. - 4 minutes low effort. - 12 minutes as: 6 minutes at a medium effort, 4 minutes at a medium/hard effort, 2 minutes at a hard effort. - 4 minutes warm down at a low effort. 	<p>Stretching & Mobility)</p> <p>10-15 minutes of static and dynamic stretching. This will help to aid recovery and also increase performance.</p>
<u>Sunday</u>		<p>Stretching & Mobility)</p> <p>10-15 minutes of static and dynamic stretching. This will help to aid recovery and also increase performance.</p>

Key

RPE - Rate of Perceived Effort

Heart Rate - 220 - Age = 100% Heart Rate

Low effort - RPE 3-4 or 60-65% Heart Rate Medium effort - RPE 4-5 or 70-75% Heart Rate

Medium/hard effort - RPE 6-7 or 80-85% Heart Rate

Hard effort - RPE 8-9 or 85-90% Heart Rate

Very hard effort - RPE 9-10 or 95-100% Heart Rate

Aerobic Endurance 1) Base Maintenance Run

The idea behind this session is to develop your 'aerobic base'. This session could also be used as a recovery run after a hard session. Whether you are training to heart rate or RPE, this session should feel comfortable at all times.

Aerobic Endurance 2) Fartlek (Speed Play)

The idea behind this session is to combine speed and endurance. This will enable the body to adapt to various speeds, conditioning the body to become faster over longer distances.

Aerobic Endurance 3) Progressive Intervals

The idea behind this session is to help you build strength and endurance by working below and above your threshold.

Muscular Endurance 1) Tempo

The idea behind this session is to develop your aerobic threshold, which is your physical capacity to deliver more oxygen to produce energy in your muscles.

Muscular Force 1) Hill Repeats

The idea behind this session is to build leg strength, improve posture and running efficiency. Choose a hill with a gradient of 4-8%.

Anaerobic Endurance 1) Threshold Development

The idea behind this session is to develop your anaerobic threshold and top end speed by improving your body's ability to tolerate and clear lactic acid build up by performing multiple efforts above your threshold with short recoveries.

Strides

Strides are short, technique focused running efforts. These are great for reinforcing proper running form and efficient biomechanics. As a form of neuromuscular training for runners, strides are a great way of developing speed without causing muscle fatigue and they can be used in numerous ways.