

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---------|---|----------|---|--|--|
| <u>Sept 6th</u> BREAK! | | <u>Sept 8th</u> BREAK! | | <u>Sept 10th</u> 10min warm-up 6 x 3mins off 1 min recovery 10-20min cool-down | <u>Sept 11th</u> Kilmore A.C. 10km Wexford | <u>Sept 12th</u> Easy run - 30 min Ballingarry 10km Scariff 10km |
| <u>Sept 13th</u> 30min easy run Stretch out | | <u>Sept 15th</u> 35-40min + 5-6 x80m strides | | <u>Sept 17th**</u> Warm-up 3-4 x 1 mile with 3 mins recovery Cool-down (1 mile distance will be adjusted to suit all levels) | <u>Sept 18th</u> East Clare 10km Kilishen Co Clare Pat 087-9691415 | <u>Sept 19th</u> Longer easy run 40-45min Tipperary Women's Mini Marathon |
| <u>Sept 20th</u> 30min easy run Stretch out | | <u>Sept 22nd</u> 20 min run picking up the pace between various landmarks e.g. lamp-posts, trees etc! Main idea is to make sure run is not all at one pace – called “ Fartlec Running ” | | <u>Sept 24th</u> Warm-up 1min,2min,3min,3min,2min,1min,(at 10km race pace) with 90sec recovery jog between each one. 4-6 x 80m strides at end 10min cool-down | | <u>Sept 26th</u> Longer easy run 45min Cork Women's Mini Marathon County Novice Crosscountry - Newcastlewest |
| <u>Sept 27th</u> 20 min Fartlec run Don't forget to stretch/warm-down easy jog at end! | | <u>Sept 29th</u> 20-30 mins easy run – Take it easy if doing mini-marathon on Sunday! | | <u>Oct 1st</u> Easy jog with some strides at end for those doing mini-marathon 6 x 3mins off 1 min recovery for those not racing at weekend | | <u>Oct 3rd</u> Longer easy run 45-50min Limerick Women's Mini Marathon |
| <u>Oct 4th</u> 30min easy run Stretch out Important to do a light jog/walk today if stiff after race. | | <u>Oct 6th</u> 30 min Fartlec run | | <u>Oct 8th**</u> (Compare your pace from <u>Sept 17th</u>) Warm-up 3-4 x 1 mile with 3 mins recovery Cool-down (1 mile distance will be adjusted to suit all levels) | | <u>Oct 10th</u> Longer easy run 50-55min County Intermediate & Masters Crosscountry UL |

Fit4Life 8 weeks in training July/August

Rule 1: Listen to your body. Training Logs help keep track of how you recover and what works best. The schedule is a Guide... response must be monitored!

Rule 2: Small steps lead to big changes– get into a regular routine and let fitness develop gradually. Enjoy!

STARTING BACK ON FRIDAY SEPTEMBER 10th – Pick your goals and work towards them. No better motivation than having a particular race picked to aim towards!

Any queries on any training listed above or any running-related query, contact tracey (tracey_roche@hotmail.com or 087-6989493)