

## Rough Training Schedule Jan-April 2012

**N.B. Always listen to your body. Never push too far past your limits. If feeling tired/run-down, take it easier than normal or take a few days off running.**

<u>Jan 13<sup>th</sup></u> Pyramid - 1min,2min,3min,4 min, 3min, 2min,1min (1 min recovery between each effort)	<u>Feb 10<sup>th</sup></u> 6 x 3 mins, 90 sec recovery 4 x 1 min, 60 sec recovery	<u>Mar 9<sup>th</sup></u> Hill Session	<u>Apr 6<sup>th</sup></u> 4 x 6 mins, 2 min recovery Strides/Relay to finish
<u>Jan 20<sup>th</sup></u> [EASY session if doing Caherconlish 10km this weekend] 4 x 3 mins, 90 sec recovery 4 x 1 min, 60 sec recovery	<u>Feb 17<sup>th</sup></u> Pyramid - 1min,2min,3min,4 min, 5 min, 4min, 3min, 2min,1min (1 min recovery between each effort except 2 mins after the peak 5 min effort)	<u>Mar 16<sup>th</sup></u> [EASY session if Croom/Mallow races this weekend] 12 x 45 secs, 1 min recovery Strides to finish	<u>Apr 13<sup>th</sup></u> Hill Session
<u>Jan 27<sup>th</sup></u> [EASY session if doing Dungarvan 10mile this weekend] Mile Time Trials 2-4	<u>Feb 24<sup>th</sup></u> [EASY session if doing Adare 10km this weekend] 12 x 45 secs, 1 min recovery Strides to finish	<u>Mar 23<sup>rd</sup></u> 2 x 2 mins, 1 mins recovery 2 x 4 mins, 2 mins recovery 2 x 6 mins, 2 mins recovery 2 x 2 mins, 1 mins recovery	<u>Apr 20<sup>th</sup></u> Fartlec
<u>Feb 3<sup>rd</sup></u> Fartlec	<u>Mar 2<sup>nd</sup></u> 3 x 6 mins, 2 min recovery Strides/Relay to finish	<u>Mar 30<sup>th</sup></u> Mile Time Trials 2-4	<u>Apr 27<sup>th</sup></u> [GLR next weekend!!] 12 x 45 secs, 1 min recovery Strides to finish

### NOTES:

**[Warmup & Cooldown applies to all sessions but is not explicitly written above]**

Friday-evening group training should be supplemented with at least 2-3 other runs during the week.

If aiming to complete  $\geq$  half marathon distance, your weekend long run should GRADUALLY increase in length.

EASIER versions of training sessions are available every week for beginners or those preparing for races on same wkend.

No one will be made to work harder than they want to – YOU are in control of YOUR own training session/effort.