

Date	5-Apr	6-Apr	7-Apr	8-Apr	9-Apr	10-Apr	11-Apr
Jnr	15-20-minute run	3 x 2 minutes then 3 x 1 minute with 1-minute standing recovery	15-20-minute run	5-minute threshold, 4 minutes, 6-8 x 30 second sprints with 90 seconds walking recovery	Stretching/ Mobility	3-4 x 5 minutes of running up and down hills	20-minute run
Snr	20-25-minute run	4 x 2 minutes then 3 x 1 minute with 1-minute standing recovery	20-25-minute run	5-minute threshold, 4 minutes, 7-8 x 30 second sprints with 90 seconds walking recovery	Stretching/ Mobility	4 x 5 minutes of running up and down hills	40-minute run
Session Notes	Easy running but not a jog - think just a bit faster than your normal warm up pace	These 2- and 1-minute reps are supposed to be at race pace effort, start of conservative and aim to get faster	Same as Monday 5th	Threshold at 80% effort, make sure to have a drink then the 30 second reps as fast as you can - aim is to get lactic around the 4 th or 5 th rep and learn to push through it in the last few	Really easy, please don't strain anything.	Focus on form going uphill and breathing, especially on the downhill	
	12-Apr	13-Apr	14-Apr	15-Apr	16-Apr	17-Apr	18-Apr
Jnr	Fartlek - 4 x 2 minutes, then 4 x 1 minute with 1-minute jog recovery (finish on recovery)	2 x 1km (or 4 minutes), 2 x 800m (or 3mins 30secs), 2 x 600m (or 2 mins 30secs) with 2 mins standing recovery	20-minute run	6-minute threshold, 5 minutes standing recovery, 5 x 100m sprints (or 15 seconds), walk back recovery	Stretching/ Mobility	3 x 5minute hill running - strong going up, moving fast down (2-mins recovery)	20-minute run
Snr	Fartlek - 5 x 2 minutes, then 5 x 1 minute with 1-minute jog recovery (finish on recovery)	2 x 1km (or 4 minutes), 2 x 800m (or 3mins 30secs), 2 x 600m (or 2 mins 30secs), 2 x 400m (or 1 min) with 2 mins standing recovery	25-30-minute run	8-minute threshold, 5 minutes, 6 x 200m (or 35 seconds) strides with walk back recovery	Stretching/ Mobility	3 x 5minute hill running - strong going up, moving fast down (2-mins recovery)	40-minute run

Session Notes	Make sure to keep jog recovery honest, it should recover you for the "on" efforts	Make sure to start conservative, this is last hard session for juniors ahead of IPSHA		Jnrs - Aim to maintain good form and breathing on sprints. Snrs - Strides are not sprints - they're fast running with good form.	Really easy, please don't strain anything.	Strong up the hills - lift knees, drive with arms, then remember to let gravity do the work to take you downhill and don't be afraid to move fast downhill!	
	19-Apr	20-Apr	21-Apr	22-Apr	23-Apr	24-Apr	25-Apr
Jnr	15-minute run or rest	Back to School Stretching/Mobility	IPSHA!!!	IPSHA Athletes - rest Non-IPSHA Athletes - 2x4x200m (200 jog, 200 walk)	Stretching/Mobility	No specific running training - other sports/rest/socialise	20-minute run
Snr	20-minute run or rest	Back to School Stretching/Mobility	6 x 1k, (2 mins rec)	2x4x200m (200 jog, 200 walm recovery)	Stretching/Mobility	No specific running training - other sports/rest/socialise	40-minute run

Notes:

- All runs should be at an effort where you feel as though it is sustainable and you could at any point pick up the pace by 5-10 seconds a k, you should be able to have some conversation (one or two lines) while running but not wheezing or one- or two-word type talks.
- Standing recovery = stand where you finish, shake out legs and make sure to not stay too still but no need to walk around
- Walking recovery = walk around, keep moving and don't stand still
- Jog recovery = jog between sets, small water breaks ok but don't idle
- Please try make time to run on Monday and Wednesday, but if it's not possible then resting is fine.
- "Finish on recovery" means you don't stop after final rep, but after the recovery of that rep. For example, if you are doing a fartlek and have 4 x 1 minute of running with 1-minute jog recovery, you will do 1 minutes of running four times with 1-minute jogging in-between, and after your final one minute of 'on' running you still have 1 minute of jogging before the session is finished.
- If there are any problems send me an email - izzytb123@gmail.com
- Make sure to drink plenty of water before and after sessions, and to have a snack - preferably one with protein and carbohydrates immediately after e.g., Banana or other fruit, Eggs, Chocolate milk (!), apple and peanut butter, yoghurt.