

	Date	Session	Rec	Miles Approx
Mon	12-Sep			6
Tue	13-Sep	Rest		
Wed	14-Sep	Running Drills / 1 - 2 - 3 - 3- 2 - 1 min on 1min off / Cool Down	1min	6
Thurs	15-Sep	35min - 50min easy		4.5 - 6.5
Fri	16-Sep	Rest - Core 10min		
Sat	17-Sep	Tempo 15min 5 Jog 15min Finish with 6 X 80M @85% Cool Down	5min jog / strides jog back	7m - 8m
Sun	18-Sep	Rest		Tot 26.5
Mon	19-Sep	40min easy - 65min easy		5m - 8m
Tue	20-Sep	Rest - Core 10min		
Wed	21-Sep	Running Drills/ 5-7 x 800M 2min rec Cool Down	2min	6m - 7m
Thurs	22-Sep	Rest - Flex Session 10min		
Fri	23-Sep	Rest - Core 10min		
Sat	24-Sep	Hills 6 - 8 X 400M Cool Down PM 10min Flex	Walk/Jog	5m - 8m
Sun	25-Sep	40min easy - 65min Recovery Run		5m - 8m Tot 31
Mon	26-Sep	50 - 65min easy run finish with 10 X 80M sprints 70-90%		6m - 9m
Tue	27-Sep	Rest - Core 10min		
Wed	28-Sep	Tempo 15min 5 Jog 15min Finish with 6 X 80M @85% Cool Down	5min jog / strides jog back	7m - 8m
Thurs	29-Sep	Rest - Flex Session 10min		
Fri	30-Sep	15min easy 6 X 50M strides 60-90% 15min easy		4
Sat	01-Oct	Rest		
Sun	02-Oct	Wicklow Novice CC 3K or 6K		6 Tot 27
Mon	03-Oct	40min easy - 65min Recovery Run		5m - 8m
Tue	04-Oct	Rest - Core 10min		
Wed	05-Oct	Running Drills / 30sec-1 - 2 - 2.30 min on 1min off X 2, 3min walk jog rec between sets	1/3min	6m - 7m
Thurs	06-Oct	Rest - Flex Session 10min		
Fri	07-Oct	35min easy finish with 6 X 50M strides 60-90%		4m-5m
Sat	08-Oct	Rest		
Sun	09-Oct	Tempo 15min 5 Jog 15min Finish with 6 X 80M @ 85% Cool Down	5min jog / strides jog back	7m - 8m Tot 31
Mon	10-Oct	Running Drills / 400 - 600 - 800 - 600 - 400 Quality Workout - Cool Down	2min	6m - 7m
Tue	11-Oct	Rest - Core 10min		
Wed	12-Oct	40min easy - 65min Recovery Run. From South Beach Car Park		5m - 8m
Thurs	13-Oct	Rest - Flex Session 10min		
Fri	14-Oct	Rest - Core 10min		
Sat	15-Oct	Rest		

Sun	16-Oct	Wicklow Intermediate CC 4K or 8K		
Mon	17-Oct	30min		4
Tue	18-Oct	Rest - Core 10min		
Wed	19-Oct	Running Drills / 6 X 1min on 1.30 Jog finish with 6 X 100M jog 200M	1.30 / Strides 200M jog	5
Thurs	20-Oct	Rest - Flex Session 10min		
Fri	21-Oct	15min easy 6 X 50M strides 60-90% 15min easy		4
Sat	22-Oct	Rest		
Sun	23-Oct	Gerry Farnan Race Day		6
Mon	24-Oct	40min easy - 65min Recovery Run		5m - 8m Tot 27

For a person running a 10K in 40 min these are a rough guide to what pace they should be running at.

Easy Runs: Should be comfortable enough and you should be able to hold a conversation (7:50 -8:10 min mile)

Recovery Runs: should be a lot slower than your easy run 8:40- 9:11mile pace

Tempo Runs: is like half marathon pace fairly moving, Conversation would be broken yes no type of thing 6:30 – 6:50 pace

Session: Good warm & cool down / stretch essential

Warm Up 10- 15min jog - dynamic stretch

Cool Down 10 – 15min followed by easy stretch

Running Drills: 10 meters for drill followed by 10metre strides Drills include High Knee, heel flips, crossovers, Hip swivels, skips, skips with arms etc, done forward and backward etc stick in a few sprints in between drills 20 meters and bring them from 60- FULL OUT %