

Pacing Chart

for interval sessions

Times are approximate only .. a guide .. from 3 pt. start; self-started;
timed from first movement of back foot;
allowance to be made for conditions (e.g. surface, wind, ...)

Check out your 200m time (100%) .. your "pb" ... a useful starting point as you plan your session

150

100% 90% 80% 70%

17.2 18.9 20.6 22.3

18.0 19.8 21.6 23.4

18.7 20.6 22.5 24.4

19.5 21.4 23.2 25.3

20.2 22.2 24.2 26.2

21.0 23.1 25.2 27.3

21.7 23.9 26.1 28.3

22.5 24.8 27.1 29.4

24.0 26.4 28.8 31.2

200

100% 90% 80% 70%

23.0 25.3 27.6 29.9

24.0 26.4 28.8 31.2

25.0 27.5 30.0 32.5

26.0 28.6 31.2 33.8

27.0 29.7 32.4 35.1

28.0 30.8 33.6 36.4

29.0 31.9 34.8 37.7

30.0 33.0 36.0 39.0

32.0 35.2 38.4 41.6

300

100% 90% 80% 70%

34.6 38.1 41.6 45.1

36.0 39.6 43.2 46.8

37.5 41.3 45.1 48.9

39.0 42.9 46.8 50.7

40.5 44.5 48.5 52.6

42.0 46.2 50.4 54.6

43.6 48.0 52.4 56.8

45.0 49.5 54.0 58.5

Ensure **all** sessions are preceded by a **thorough** warm-up:
e.g. Jog / Drills / Stretches / Specific drills / 3-4 x 50-70m accelerations
and
followed by a careful, thorough warm down

Record your times to the nearest higher tenth of a second, e.g. 22.32 = 22.4

Examples

2 x 3 x 150; 80%; w/b; 5-10 mins.

Means: 3 times 150 metres .. aiming for around 80% values, walking back between each run.
then, (active) rest 5-10 mins. before repeating the set

Active Rest = walk, (drink) slow jog, stretch, even light drills .. stay moderately active;
encourage the brain to send oxygen to the muscles by keeping them active.

General Conditioning

- 3 x 150 (70%), w/b
5-10 mins. active recovery
2 x 200 (70%), w/b
5-10 min. active recovery
3 x 150 (70%), w/b
- 150 (70%) / 1 min. recovery / 100 (90%), rolling 5m start
5-10 mins. recovery
200 (70%) // 100 (90%)
5-10
300 (70%) // 100 (90%)
5-10
200 (70%) // 100 (90%)
5-10
150 (70%) // 100 (90%)

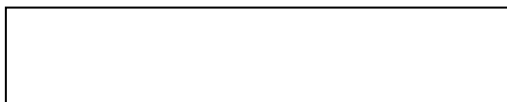
"Training Age" ... adapt your session to take account of your "training age" (i.e. the period of time you have been involved in a structured training routine .. it's always better to do a little less, than a little too much. **Quality** is more important than Quantity. Don't strive for a "watered down" elite athlete session .. **do what is right for you.**

Relaxation at Speed .. easy to say, harder to execute .. a critical skill that requires repeated practice.

5 Week Training Program

Middle Distance– Cross Country

General Conditioning



LSD = Long Slow Distance (“easy” run / conversational pace);
Hills = 3-5%, i.e. 3-5m rise in 100m; “fast” = around 80-90% effort;
Fartlek .. extended run with surges indicated (approximate duration in seconds); surge = about 85-90% effort;
2x4x150, 80%; w/b; 5-10 = 4 x 150 at 80% of 200 “pb” (see Pacing Chart); walk back between runs; 5-10 minutes recovery (stretch, drills, walk, hydrate) .. repeat set.

Stretches: separate sheet
e.g. DFK & event specific Stretches

There is a “training effect” .. performance improves with practice there is also a “de-training effect” (if not, there would no reason for pre-season training)

Sessions per Week: 3 – 4

You choose or assigned by coach e.g. (1LSD + 1Hills or Fartlek + 2 Interval sessions)

2 – 3

e.g. (1LSD + 1Hills or Fartlek + 1 Interval session)

1 – 2 (Juniors)

e.g. (1 LSD + 1 Intervals)

The Training Plan you are recommended to follow is highlighted

1 x LSD (60/50/40)
(mins.)

1 x LSD (50/40/30)
(mins.)

1 x LSD (25/20/15)
(mins.)

1 x Hills or Fartlek

Hills:
2 x 4 x 150, “fast”; walk/jog back
or
3 x 5 x 70, “fast”; walk back
Fartlek: (40 mins.)
Surges: 10-20-30-20-10
or
30-20-10-20-30

1 x Hills or Fartlek

Hills:
2 x 3 x 150, “fast”; walk/jog back
or
3 x 4 x 70, “fast”; walk back
Fartlek: (30 mins.)
Surges: 10-20-10-20-10
or
5-10-15-10-15-10-5

1 x Intervals

(select from)
2 x 3 x 70, 80%; w/b; 5-8
or
2 x 4 x 50, “fast”; w/b; 5-8

If training is done in your own time:

1. Be sure to W/U.
2. Stretching / drills can be “informal”, i.e. when the opportunity presents itself, such as when watching TV. The main thing is that you do your stretches, **correctly**, every day.

2 x Intervals (select from)

2 x 4 x 150, 80%; w/b; 5-10
or
2 x 4 x 200, 80%; w/b; 5-10
or
2 x 2 x 300, 70-80%; w/b; 5-10
or
Outs & Ins .. separate sheet

1 x Intervals (select from)

2 x 4 x 150, 70-80%; w/b; 5-10
or
2 x 4 x 100, 80%; w/b; 5-10
or
2 x 6 x 70, 80%; w/b; 5-10
or
Outs & Ins .. separate sheet

Remember
these are **Fall-back ideas** = things to do if you do not have a regular alternative

Improvement is based on practice

We cannot expect to improve if we do not practice

Fundamental Skills: things to work on

Basic 5 Drills + Fast Claw + Running-the-Boards + Fast Step Karioka + Fast Skipping (50's & 100's)

Stretches: Frog / One Leg Over-Under / Modified Hurdle Sit / Simple Twist

(hold stretched position for 30 seconds .. 5-6 days a week for 15 mins. will produce significant progression)

Core Body Strength: Cross Body Lifts / Push-Ups (see Push Up Progression sheet) / Sit-Ups (various)

Specific Exercises: Lunges / Rapid Dumbbell Arm Swings / Hurdle Drills / Hurdle Bounds (various)

Standing / Rolling / 3 pt. / 4 pt. (medium) Starts

Outs and Ins

Specific Sheets are available on all of the above (and more).

Special Session / Activity Details:

- Thorough **w/u** (jog►drills►stretches►drills-3-4 x 50m accelerations), and, **warm down** (Jog, stretch, walk).
(Think: What do you do after a warm-up? What do you do after a warm down? The answers should guide your activities and effort.)
- Practice your drills .. as you improve, be selective. (Basic 5 = A Skip; Alt Butt Kicks; Alt. Fast Leg; Combinations; B-Skip .. lots of others; lots of variations .. challenge yourself.)
- Stretches .. a selection every day (15-30 mins.) .. separate sheet.
- Keep a record (Diary) of what you do. (Sample Diary sheet available .. 5 mins. per day; you don't have to become a slave to your diary, but keeping a record will help you plan effectively, evaluate your training and performances, can be your “training conscience” and, be a **record of your endeavour** of which you can be proud.)

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