

Pre-season fitness programme

Key Points

- You need to ensure that you stretch regularly (especially after runs)
- Wear appropriate shoes
- Spread the runs out across your week e.g. Monday, Wednesday, Friday, Saturday...
- Be patient with your running – do not try to run hard before you are ready
- Replace one of the run sessions for a bike, swim, gym cardio session etc

Training Programme

		Session Details			
Week Beginning	Weekly Volume	Run 1	Run 2	Run 3	Run 4
18 January 2010	3 runs	Steady 30 mins	Steady 30 mins	Steady 30 mins	
25 January 2010	4 runs	Steady 30 mins	Hard 15 mins	Long 45 mins	Steady 30 mins
1 February 2010	3 runs	Steady 30 mins	Hard 15 mins	Long 50 mins	
8 February 2010	4 runs	Hard 15 mins	Steady 30 mins	Interval Session #1	Steady 30 mins
15 February 2010	3 runs	Interval Session #2	Steady 30 mins	Steady 30 mins	

Notes:

- **Steady runs:** these runs are all about time on the road and should be comfortable but not easy.
- **Long runs:** Try and run without stopping for the required duration (even if you have to go very slowly).
- **Hard 15 min run:** this actually means 5 mins easy (jogging) + 15 mins hard + 5 mins easy (walking). The 15 minutes should be run like a race and you should choose a course that is friendly (flat) and familiar.
- **Interval Session #1:** Perform this session either on a treadmill or down at the park. Warm up with 5 minutes of jogging then run hard for 4 reps of 2 minutes with 90 seconds recovery between reps. Rest 5 minutes and then perform another 4 reps of 2 minutes with 90 seconds recovery between reps. You should be running at approximately 90% during the reps and slowly walking during the rests.
- **Interval Session #2:** Perform this session either on a treadmill or down at the park. Warm up with 5 minutes of jogging then run hard for 4 reps of 1 minute with 1 minute rest between reps. Rest 5 minutes and then perform another 4 reps of 1 minute with 1 minute rest between reps. Rest 5 minutes and then perform another 4 reps of 1 minute with 1 minute rest between reps. (You should perform 12 reps in total). You should be running at approximately 90% during the reps and slowly walking during the rests.