

Rattlers Running Spring/Summer 2022 Training Plan

Overall Week

- Day 1 Off OR Ez to Moderate Run - up to 60 mins
- Day 2 Workout 1 - Longer Reps
- Day 3 Ez to Moderate Run - up to 60 mins
- Day 4 Workout 2 - Volume Plus Shorter Reps
- Day 5 Off OR Ez to Moderate Run - up to 60 mins
- Day 6 Workout 3 - Tempo Plus or Race
- Day 7 Long Run - up to 90 mins (or longer if you are planning to do half marathon)

General Notes

- 1. Volume** - I'd like you to be running 5 to 7 days a week and totalling 5 hours or more of running per week. If you aren't at this point now, work up to it by the start of August.
- 2. Volume** - If you are really keen, you can be running up to 10 hours per week. Other aerobic exercise like swimming and cycling are good too.
- 3. Volume** - Kms running per week? Try to total 60 to 110 km per week by August -experienced guys will be towards the high end; novice ladies near the low end.
- 4. Volume** - If you have trouble getting lots of running in, aerobic cross training is ok - swimming, cycling, elliptical, stationary rowing, etc. Note - you need to cycle 2x as long as you run to get the same workout.
- 5. Intensity** - Most of your running (80%) should be ez to moderate. Run fast on the Workout days; crawl if you need to on the other days.
- 6. Intensity** - At this time of year, your workouts shouldn't be soul-crushing hard. If you are overly tired the next day, you are running your workouts too hard.
- 7. Frequency** - Try to run almost every day - even if it's only 30 minutes. A day off, or even two, per week is ok if you need it. Please note I've coached experienced athletes who've run 10 to 12 times a week ... just sayin!
- 8. Racing** - it's good to get in a couple of road or trail races this summer - 5 km, 10 kms, or even a half marathon.

Workout Details

Workout 1 Options - Longer Reps - *Do one of these each week*

Note: For each of these workouts - w/u 10 min jog, a few strides; c/d 5 min jog + 6 x 100m on grass (or short hill sprints) - walk back

- a) 6 x 3/2 OR 6 x 800/200m slow jog recovery
- b) 5 x 4/2 OR 5 x 1000m/200m slow jog recovery
- c) 4 x 5/2 or 4 x 1200m/200m slow jog recovery
- d) 3 x 8/2 OR 3 x 2000m/200m slow jog recovery
- e) 6-5-4-2-2-1/2 OR 2000-1200-800-600-400-200/ 200m slow jog recovery

* If you're feeling tired or unmotivated on the day, substitute a 50 minute progression run - run out ez for 25 minutes, come back faster

Workout 2 Options - Long Warm-up plus Shorter Reps - *Do one of these each week*

Note: For each of these workouts - w/u 20 minutes run, c/d 10 minutes jog. Run these on the grass if possible. Jog, **not walk**, the recoveries. These aren't all out sprints - think fast and relaxed. You should be tired, but not wasted, at the end of these sessions.

- a) 12 x 1/1
- b) Dirty 30s - 20 x 30 secs/30 secs
- c) 12 x 80 seconds/40 seconds
- d) 12 to 15 x 45 seconds hills/jog down

* If you're feeling tired or unmotivated on the day, substitute a 50 minute progression run - run out ez for 25 minutes, come back faster

Workout 3 Options - Tempo Plus or Race - *Do one of these each week*

Note: For each of these workouts - w/u 10 min jog, a few strides; c/d 5 min jog

- a) 20 to 35 minutes tempo + Reps (See below)
- b) 1000m/3 min break/10 to 15 min tempo/3 min break/600m/3 minute break/10 to 15 minute tempo/ 3 min break/ 300m fast
- c) 5 Km Park Run + 30 mins moderate = 6 x 100m walk back
- d) 1000m/3 min jog/15 to 25 tempo/3 min jog/1000m + 3 x 200 progressive
- e) Race - 8km or 10 km or trail race or 1/2 marathon
- f) Time Trial at 1000m to 3000m + Reps (do this one sparingly, maybe twice or three time max all spring/summer)

After Tempo Rep Options

- 1. 600-400-200.
- 2. 3 x 300 progressive
- 3. 4 x 200 progressive
- 4. 6 x 150 progressive
- 5. 300-200-150-100-50

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