

LARNE ATHLETIC CLUB CROSS COUNTRY TRAINING

(OCTOBER TO DECEMBER '17)

This 12 week cycle will build endurance base.

Athletes should include strength work eg, circuits, core stability and also hill work

Date	Training Details
12.10.17	Slow 5 mins easy – 5 mins faster – 5 mins easy Dynamic stretching 4 x 3mins (tempo pace) 3 mins recovery walk or jog
19.10.17	5 mins easy – 6 mins faster – 5 mins easy Dynamic stretching 5 x 2 mins (mile pace) 2 mins jog recovery
26.10.17	5 mins easy – 7 mins faster – 5 mins easy Dynamic stretching 10 x 1 min (hard) 1 min jog recovery
2.11.17	5 mins easy – 8 mins faster – 5 mins easy Dynamic stretching 3 min effort/3 min jog recovery 2 min effort/2 min jog recovery 60sec effort/60sec recovery x 2
9.11.17	5 mins easy – 10 min temp Dynamic stretching 4 x 3 mins 2 min recovery
16.11.17	5 mins easy – 10 min faster – 5 mins easy Dynamic stretching 5 x 2 mins with 90sec jog recovery
23.11.17	4 mins easy – 12 mins faster – 4 mins easy Dynamic stretching 10 x 1 min (hard) 1 min jog recovery
30.11.17	3 mins easy – 14 faster – 3 mins easy Dynamic stretching 3 mins effort/2 min recovery 2 min effort/90 sec recovery 60 sec effort/45 sec recovery x 2
7.12.17	20 min build up run (start slow, getting faster with time) 5 min recovery stretch out 4 x 3 mins with 90sec jog recovery
14.12.17	3 mins easy – 15 mins faster – 3 mins easy Dynamic stretching 6 x 2 mins effort with 90 sec recovery (walk/jog)
21.12.17	3 mins easy – 5 faster – 3 mins easy – 5 mins faster – 3 mins easy Dynamic stretching 2 mins (hard) 1 min recovery 1 min (hard) 1 min recovery x 4
28.12.17	20 mins easy run Dynamic stretching 4 x 3 mins with 1 min recovery (walk/jog)

This training will take place on Thursday nights at Sandy Bay, Larne.

It is advised to do hill session on Tuesdays and a longer steady run at the weekend starting at 30 minutes working up to 1 hour on grass or trails

