

MSA Competition 2

Yr 11

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Today's Date

Cross Country & Middle/Long Distance Track Program

3/10/11

Use this program in the Championship Phase.

Ref:epsprog/run/MSA.xls

Yr 11's are assumed to be experienced athletes however the coaching staff has the discretion of beginning any athlete at a Yr 7, Yr 8, Yr 9 or Yr 10 level if they are not convinced the athlete has been following a properly balanced program and that the athlete's performances are due more to ability than training.

Alternative workouts may be implemented at the coach's discretion on the day at any of the officially designated MSC/EPS sessions.

Day		Workout	Notes
Mon:	am	TechniJog, use an Elliptical Trainer or Treadmill or Run for 30 minutes. Walk if tired.	0
	pm	Complete a full pre-race warm up then run 4 to 6 x 150m as follows: 50m max sprint/50m float/50m max sprint. Take up to 5 minutes recovery between runs. If tired or lacking leg speed drop the number of repeats OR drop back to a Yr 11 or 10 workout. Total time including a warm up with accelerations and a warm down is 45 to 55 minutes.	0
Tue:	am	TechniJog, use an Elliptical Trainer or Treadmill or Run for 30 minutes. Walk if tired.	0
	pm	Athletes will train for 50 to 60 minutes including the warm up (including 6 x 60m accelerations) and the warm down. Keep the repeats short to avoid excessive lactate production and take full recovery between runs. 800m Runners: Run 1500 to 2100m, ie, 7 to 10 x 200m at 400m/800m pace OR 5 to 7 x 300m at 800m pace or faster. 1500m Runners: Run 2100 to 2700m, ie, 7 to 9 x 300m OR 5 to 7 x 400m OR 4 or 5 x 500m at 1500m pace or faster 3000m Runners: Run 3000m to 4500m, ie, 15 to 20 x 200m OR 10 to 15 x 300m OR 8 to 12 x 400m at 1500m/3000m pace at 3000m pace or faster. 5000m Runners: Run 3000m to 6000m, ie, 10 to 20 x 300m OR 8 to 15 x 400m at 1500m/3000m pace OR 15 to 30 x 200m at 3000m/5000m pace or faster. 10,000m Runners: NA. See Yr 12.	0
Wed:	am	Run 35 to 45 minutes at medium effort. Reduce this to low effort or technijogging if tired.	0
	pm	TechniJog, use an Elliptical Trainer or Treadmill or Run for 25 minutes. . Rest or walk if tired. Increase this to 40 minutes if the (am) session was done done.	0
Thur:	am	TechniJog, use an Elliptical Trainer or Treadmill or Run for 30 minutes. . Walk if tired.	0
	pm	Athletes will train for 50 to 60 minutes including the warm up (including 6 x 60m accelerations) and the warm down. Take full recovery between runs. 400m/800m Runners: Run 2 x 500m + 3-5 x 200m at race pace. 800m/1500m Runners: Run 1000m + 800m + 3-5 x 200m at race pace. 1500m/3000m Runners: Run 2000m + 3-4 x 400m at race pace/effort. 1500m/5000m Runners: NA. See Yr 12. 1500m/5000m	0
Fri:	am	Complete a 25 to 30 minute <Loosening Session> mixing jogging, walking, light stretching and a few stride outs. Example: 5-10' jogs, 1, 2 or 3 x 20m to 60m relaxed strides, some more jogging and/or walking, some more light stretching, some more strides and finishing with a 5-10' jog or jog/walk. Basically the idea is to relax the mind and body to prepare for racing. Extend the session to 35 minutes if rest was taken in the (am).	0
	pm	TechniJog, use an Elliptical Trainer or Treadmill or Run for 25 minutes. . Rest or walk if tired. Increase this to 40 minutes if the (am) session was done done.	0
Sat:	am	Rest or, ideally complete a pre-race warm up with your coach - focussing on the race on the (pm) race. If no races are available, or if a cancellation occurs, follow the default workout detailed in the (pm) schedule	0
	pm	Race. If no races are scheduled complete a full pre-race warm up and then run a full effort TT over your championship race distance. Rest 5-10 minutes then run 10 x 60m sprints. Under no circumstances miss racing if races are available.	0
Sun:	am	TechniJog up or run easily for 90 minutes. (10,000m runners see Yr 12)	0
	pm	Jog easily for 15 to 25 minutes OR rest if the workout listed for the (am) has been done and the weekly kilometre/time goal has been achieved. If tired rest regardless of the weekly kilometre/time goal.	0



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Rest, Recovery and Testing Weeks.

"It is the philosophy of Endurance Performance Systems and Run With The Best that the athlete plan every third week to be a recovery and testing week. Athletes who do not follow this procedure risk over training or training less effectively and no responsibility for poor performance will be accepted." Tony Benson 1997.

Race Preparation Week.

Mon: Training as normal

Tues: (am) Rest or run as normal (pm) Run your normal Saturday hill workout

Wed: (am) Rest or run as normal (pm). Run 45-90 mins easily.

Thur: (am) Rest or run as normal (pm). Run 6* to 10 x 200m @ 1500m pace with 200m jog recovery. (*Important races)

Fri: (am) Rest or run as normal (pm) Rest or run 15-45 mins easily.

Sat: (am) Rest or Run 15-30 mins easily (pm). RACE (Cross country, road or Track).

Sun: Long Run as normal

