

**FODAC Seniors Training Schedule - Dec 18 / Jan 19**

| Date             | Drills & Cooldown | Main Session | Effort   | Recovery   | Notes   |
|------------------|-------------------|--------------|--|--|---|
| 04-Dec-18        |                   |              | Steep Pyramid<br>1:00, 1:30, 2:00, 2:30, 3:00, <b>4:00</b> ,<br>3:00, 2:30, 2:00, 1:30, 1:00                         | 1:30 each<br>time.   |   |
| 11-Dec-18        | Nathan/Alan       | Catherine    | 800M in pairs running in groups of 3<br>for 30 mins<br>Add 10 mins of 200M relay for<br>speed work at end (optional) | 400M<br>(50% of<br>effort)                                     | Groups of<br>3. Runner<br>1 runs 2<br>laps,<br>Runner 2<br>joins in<br>after 1<br>lap,<br>Runner 3<br>starts as<br>runner 1<br>stops and<br>repeat. |
| 18-Dec-18        | Jim/Claire        | Walter       | Christmas Twist - A session with a   |  |   |
| <b>25-Dec-18</b> |                   |              | <b>Merry Christmas! - Rest Day</b>   |  |   |
| <b>01-Jan-19</b> |                   |              | <b>Happy New Year! - Rest Day</b>  |  |   |
| 08-Jan-19        | Stef/Jim          | Nathan       | Put Down a Marker for the New<br>Year.<br>8:00 6:00 4:00 2:00 Min Efforts  | 04:00  | See Chart<br>For Target<br>Distances<br>Each<br>effort<br>faster<br>pace than<br>previous   |
| 15-Jan-19        | Alan/Claire       | Stef         | Steep Pyramid<br>2:00, 4:00, 8:00, 4:00, 2:00  | 03:00  | Change<br>direction<br>at 50%<br>3K pace<br>(e.g. hard)<br>on 2 & 4<br>min runs<br>10K pace<br>8 Minute<br>effort - no<br>turn.                     |
| 22-Jan-19        |                   |              | 15 min 400M<br>12 min 300M<br>10 minutes 200M Parlaufs   | 4:00<br>between<br>sets  | In pairs<br>alternatin<br>g.<br>For 300M<br>runner<br>will walk<br>in<br>opposite<br>direction<br>for 100M<br>to meet<br>partner.                   |
| 29-Jan-19        | Nathan/Stef       | Catherine    | 1 * 3:00, 2 * 1:30, 3 * 1:00, 4 * 0:30<br>2 Sets   | 50% of<br>previous<br>effort<br>(except 30<br>sec = 30<br>sec) | 5:00 Min<br>between<br>sets.<br>Maintain<br>5K pace   |