

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

<b>Date</b>	<b>Drills &amp; Cooldown</b>	<b>Main Session</b>	<b>Effort</b>	<b>Recovery</b>	<b>Notes</b>
05-Feb-19	Stef & Alan	Claire	45, 60, 90, 60, 45 sec out at 10K pace Turn and come back at 5K pace	1:30 min between efforts	Twice through 5:00 Mins active recovery between sets
12-Feb-19	Walter & Nathan	Jim	5:00 easy, 8 x 1:00 min effort 5K min pace. Twice through	1:30 between efforts 5:00 min between sets	the 5:00 min easy is at 'speed of chat'. Form your own small groups and chat as you run. Always moving so active recovery at all times. Reform groups after each effort if you can. No talking during the effort!!
19-Feb-19	Fiona & Claire	Stef	5:00 min easy then 6 x 2:00 Min at min 5K pace. Twice Through	1:30 between efforts 5:00 min between sets	
26-Feb-19	Alan & Jim	Nathan	Benchmark Session 8:00 6:00 4:00 2:00 Min Efforts	04:00	See Chart For Target Distances Each effort faster pace than previous
05-Mar-19	Stef & Claire	Walter	200M Parlaufs 2 x 15 Min Sessions	5:00 min Jog between sets	
12-Mar-19	Nathan & Jim	Fiona	400M Tag in pairs. A runs whilst B walks until A catches B then A walks and B runs till tag again		Walker to keep out of inside lanes
19-Mar-19	Walter & Alan	Jim	5:00 easy, 7 x 3:00 min effort 10K min pace. 1 set with 5:00 easy to finish	2:30 between efforts	As 05/12 Feb
26-Mar-19	Fiona & Stef	Alan	30, 45, 60, 90, 60,45, 30 Efforts	30 sec walk recovery between each effort	Three times through with 2:00 mins between sets
02-Apr-19	Jim&Claire	Nathan	Benchmark Session 8:00 6:00 4:00 2:00 Min Efforts	04:00	See Chart For Target Distances Each effort faster pace than previous