


2020 DEEP HEAT DEEP FREEZE GREAT IRELAND RUN											
Week	Starting	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Level of Intensity 1-5	Comment	Period
1	Jan 27th		30-40 min easy run followed by 4 x 15 second strides off a walk back recovery		<u>Cruise Intervals</u> - 10-15 min WU & WD. 5x4 mins @ threshold effort off a 90 second recovery		30-40 min easy run followed by 4 x 15 second strides off a walk back recovery	<u>Long Run</u> - 40-50 mins easy with 5x30 second surges over the last 10 mins	3		GIR - Block 1
2	Feb 3rd		30-40 min easy followed by 5x10 second hill sprints		<u>Cruise Intervals</u> - 10-15 min WU & WD. 4x6 mins @ threshold effort off a 90 second recovery		<u>Long Run</u> - 45-60 mins easy with 5x45 second surges over the last 10 mins	30-40 min easy	4		GIR - Block 1
3	Feb 10th		35-45 min easy run followed by 4 x 15 second strides off a walk back recovery		<u>Progression Run</u> - 10-15 min WU & WD. 40 min run - starting slow and picking up the pace every 10 mins. Add a 5-10 min easy jog to warm down		<u>Long Run</u> - 55-65 mins easy with 5x60 second surges over the last 15 mins	30-40 min easy	4		GIR - Block 1
4	Feb 17th		<u>Hill Repeats</u> - 10-15 min WU & WD. 10 x 45 sec hill repeats off a jog back recovery	Rest or optional 30 mins easy	30-45 min easy		<u>Fartlek Run</u> - 35-45 mins duration. 10-15 mins easy / 20 minutes alternating 40 sec fast / 80 seconds slow - 10-15 mins easy	<u>Long Run</u> - 60-70 mins easy with a steady pickup in pace over the last 10 mins	5	Hard week	GIR - Block 1
5	Feb 24th		20 mins easy / 5x30 sec fast strides off a 90 sec recovery / 10 mins easy		30 mins easy		<u>Parkrun or alternative 5k race</u>	30 min recovery run	2	Down week & Race	GIR - Block 1
6	March 2nd		35-45 min easy run followed by 4 x 15 second strides off a walk back recovery		<u>Cruise Intervals</u> - 10-15 min WU & WD. 4x7 mins @ threshold effort off a 90 second recovery		<u>Long Run</u> - 60-70 mins easy with 5x60 second surges over the last 15 mins	30-40 min easy	3		GIR - Block 2
7	March 9th		<u>Cutdown Session</u> - 10-15 min WU & WD. 8 mins steady / 2 min recovery / 2 x 4 mins @ threshold off 90 sec rec / 4x1 min fast - off 1 min rec		35-45 min easy run followed by 4 x 15 second strides off a walk back recovery		<u>Long Run</u> - 65-75 mins easy with a steady pickup in pace over the last 10 mins	30-45 min easy	4		GIR - Block 2
8	March 16th		<u>Hill Repeats</u> - 10-15 min WU & WD. 10 x 60 sec hill repeats off a jog back recovery	Rest or optional 30 mins easy	35-45 min easy		<u>Fartlek Run</u> - 35-45 mins duration. 10-15 mins easy / 20 minutes alternating 50 sec fast / 70 seconds slow - 10-15 mins easy	<u>Long Run</u> - 70-80 mins easy	5	Hard week	GIR - Block 2
9	March 23rd		35-45 min easy followed by 5x10 second hill sprints		<u>10k Workout</u> - 10-15 min WU & WD. 6-8 x 1 km @ target 10k pace off a 90 second recovery		<u>Long Run</u> - 65-75 mins easy	30-45 min easy	4		GIR - Block 2
10	March 30th		<u>Pre race -Workout</u> - 10 mins @ threshold effort. 2-3 min rest. Followed by 4x2 mins @ target race pace off a 75 second recovery		30-45 min easy		20-25 min easy run followed by 4 x 15 second strides off a walk back recovery	<b>Great Ireland Run 2020</b>	3	Race	GIR - Block 2
<u>Hill Sprints</u>		Find a nice steep hill. Full effort 10-12 seconds sprint up, followed by walk back recovery.						<u>Conditioning</u>		<u>Recovery Nutrition</u>	
<u>Paces</u>	<u>Mile Pace</u>	<u>Heart Rate</u>	<u>Comment</u>	A general routine of core exercises for 10-20 mins twice weekly is adequate. This should not replace or impact run training. E.g <i>Planks / Med ball exercises / Obliques/ Push ups / Elbow to knee / Supermans / Donkey Kicks / Small Box Jumps</i>				After <b>hard workouts</b> or <b>long runs</b> , have recovery food within <b>15-20 mins</b> . <u>Options</u> Recovery drink (2:1 Carb:Protein e.g Kinetica). Chocolate Milk. Banana. Dried Fruit. Get a full meal within <b>90 mins</b>			
LT Effort (LT HR)	As per LT Test results	As per LT Test results	Do not exceed upper HR	<u>Training Surface</u>				<u>Stretching</u>			
Marathon Pace /Marathon HR (MHR)	As per LT Test results	As per LT Test results	Do not exceed upper HR	Where possible run on soft surfaces. Grass where possible. Trail or cinder are a good substitute. Stay off the road as much as possible. Try to limit weekly road running to 30%				Dynamic stretching & drills before hard workouts.			
Easy runs	As per LT Test results	As per LT Test results	Anywhere below easy HR is fine. There is no such thing as too slow					Static stretching of all leg muscle groups for 10-15 mins, 3 times per week (ALWAYS after training when well warmed up)			
				<u>Drills</u>	Drills should be incorporated to warmups before hard workouts & races. E.G. <b>High Kness / Bounding / Squats / Walking Lunges / Butt Kicks / Karaoikes / Knee to Chest / Quad stretch / Fast Feet</b>						