



Guideline Training Programme

Always start with a short game & a dynamic warm up.

Starting week beginning 8th September

Week 1 – walk / jog 1 mile

Week 2 – Jog lap of a pitch + run 1min walk 1 min x 4

Week 3 – Jog 2 laps of a pitch + run 1 min walk 1 min x 5

Week 4 – Jog 2 laps of pitch + run 1 min walk 1 min x 6

Round 1 – approximately 1000 metres. Week beginning 6th October

Starting week beginning 20th October

Week 1 – Jog 1 lap of a pitch + Indian run for 3 mins x 2

Week 2 – Jog 1 lap of a pitch + sides (of a pitch) fast down long side of pitch and jog short side x 5 laps

Week 3 – Jog 2 laps of pitch, 1 slow & 1 fast + hills (over 15/30 meters) x 5

Week 4 – Jog 2 laps of pitch + 30 sec runs fast with 1min walk recovery x 8

Week 5 – Jog 2 laps of pitch + run 1 min walk 1 min x 6

Week 6 – Jog 2 laps of pitch + run 1 min walk 1 min x 6 + Indian Run for 2 minutes

Round 2 – approximately 1200 metres Week beginning 1st December

Starting week beginning 22 December (excludes Christmas and includes January)

Week 1 – Jog 2 laps of a pitch + Indian Run for 4 minutes x 2

Week 2 – Jog 2 laps of a pitch, 1 slow & 1 fast + hills (over 15/30 meters) x 6

Week 3 – Jog 2 laps of a pitch + run 1 min walk 1 min x 6 + Indian run for 2 minutes

Week 4 – Jog 2 laps of a pitch + 30 sec runs fast with 1 min walk recovery x 8

Round 3 – approximately 1300 metres Week beginning 19th January

NI Final February 2018 - approximately 1300m/1400m

It's not a good idea to train hard on race week, if you would like to train play some games and do a dynamic warm up.