



Malvern Harriers Athletic Club Inc.

Training & Racing Schedule

Sprints

Event Specific

Week Starting	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
04/10	Weights	Plys 2 * 120 @ 75% 3 * 300, 100 jog	Easy 20 mins	Bends and straights 4 * 200 (60sec)	Rest	Program 2 Knox.	Easy 20 mins
11/10	Weights	From 400 start. 60, 80, 120, 140, 150. Walk back	Easy 20 mins	Hills. 6 short	Rest	Program 1 Frankston	Easy 20 mins
18/10	Weights	Broken 60. 15,10,15,10 5 * 200 (60sec)	Easy 20 mins	6 * 150	Rest	Program 2 Knox.	Easy 20 mins
25/10 Recharge week	Weights	2 * 50. 2 * 300.	Easy 20 mins	Starts	Rest	Program 1 Frankston	Easy 20 mins
01/11	Weights	Cup day No training	Easy 20 mins	4 * 6 * 60 20 sec b/w reps 5 mins b/w sets	Rest		Easy 20 mins



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Training & Racing Schedule

Middle Distance

Event Specific

Week Starting	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
04/10	Easy 20mins Weights, plys.	3 sets 400, 100 float, 300, 100f, 300. 5 mins between sets.	Easy 45 mins 4 run throughs	6 * 200 800 pace. 200 jog.	Rest	Program 2 Knox.	60 mins easy 10 min pick up 10 min walk
11/10	Easy 20mins Weights, plys	3 sets. 600, 200 jog, 200 fast. 5 mins between sets.	Easy 45 mins 4 run throughs	Hills. 3 long. 3 short	Rest	Program 1 Frankston	60 mins easy 10 min pick up 10 min walk
18/10	Easy 20mins Weights, plys	3 sets 400, 100 float, 300, 100f, 300. 6 mins between sets.	Easy 45 mins 4 run throughs	4 *250, 150 jog.	Rest	Program 2 Knox.	60 mins easy 10 min pick up 10 min walk
25/10 Recharge week	Easy 20 mins	2 * 600 @75% 2 mins	Easy 30 mins	4 *150 Walk back	Rest	Program 1 Frankston	50 mins easy 10 min walk
01/11	Easy 20 mins Weights, plys	Cup day No training	Easy 45 mins 4 run throughs	6 *(6 *60) 20 sec b/w reps 5 mins b/w sets	Rest	4 * 2 mins fast 4 mins jog	60 mins easy 10 min pick up 10 min walk



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Summer Distance

Event Specific

Week Starting	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
04/10	Easy 20 mins Plyometrics	3 * 600, 200float, 400, 100float, 300 5 mins recovery	Easy 45 mins 4 run throughs	20 min Fartlek	Rest	Program 2 Knox.	Easy 60 min 10 min pick up 10 min walk
11/10	Easy 20 mins Weights and plys	4 * 600, 200 float, 200 fast. 5 mins recovery	Easy 45 mins 4 run throughs	Hills 3 long. 3 short	Rest	Program 1 Frankston	Easy 60 min 10 min pick up 10 min walk
18/10	Easy 20 mins Weights and plys	3 * 600, 200float, 400, 100float, 300 5 mins recovery	Easy 45 mins 4 run throughs	6 * 400 2 mins recovery	Rest	Program 2 Knox.	Easy 60 min 10 min pick up 10 min walk
25/10 Recharge week	Easy 20 mins	3 * 600 Tempo	Easy 30 mins	Malvern out back 20 mins easy 19 mins back	Rest	Program 1 Frankston	Easy 60 min 10 min pick up 10 min walk
01/11	Easy 20 mins Weights and plys	Cup day No training	Easy 45 mins 4 run throughs	20 min fartlek	Rest	3 * 5 mins 3 min jog	Easy 60 min 10 min pick up 10 min walk



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Winter Distance

Transition period

Week Starting	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
04/10	Easy 20 mins	Easy 40 mins	Rest	Easy 40 mins	Rest	Easy 40 mins	Easy 45 mins
11/10	Easy 20 mins	Easy 40 mins	Rest	Easy 40 mins	Rest	Easy 40 mins	Easy 45 mins
18/10	Easy 20 mins	Easy 40 mins	Rest	Easy 40 mins	Rest	Easy 40 mins	Easy 45 mins
25/10	Easy 20 mins	Easy 40 mins	Rest	Easy 40 mins	Rest	Easy 40 mins	Easy 60 mins
01/11	Easy 20 mins	Cup Day No Training	Rest	Easy 40 mins	Rest	Easy 40 mins	Easy 60 mins