

Harriers,

A brief overview of our plans for the Summer.

Sprints

- ❖ We have attached a block start program that will form part of the warm up every Tues and Thurs along with drills and technique work.
- ❖ The major peak will be in Feb /March.

Middle Distance

- ❖ Warm up will include technique work and race tactics.
- ❖ Major peak will be Feb /March.

Short Distance

- ❖ For 3 and 5k runners who want to achieve their best over the Summer.
- ❖ Major peak Feb /March.

Distance

- ❖ Runners looking to prepare for next Winter.
- ❖ Building a base for next season.
- ❖ Emphasis on improving technique and turning weaknesses into strengths.
- ❖ Participation on the track and field is encouraged but you won't be able to produce your best, as you will be concentrating on the Winter season.
- ❖ Major peak Sandown 10k in May 2008.

The programs are event specific, however it is up to you if you want to mix it up. Whatever session you do, you will be expected to train with the intensity of the group. There are no soft options.

If your goals differ from the training programs please talk to the coaches and we can tailor your training to enable you to achieve your goals.



Malvern Athletic Club Inc.

Training & Racing Schedule 100 – 400 Metre Sprints

Early Competition

Week Starting	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15 Oct	Weights, Drills. 4 * 80m @75%	300, 150, @90% 2*120 @75%	Weights, drills. Easy 15-20 mins	2 *150, 4 * 60 @ race pace	Rest	AV Shield Rd 1 Program 1 Frankston	20 Min easy
22 Oct	Weights, Drills. 4 *80m @ 75%	4 * 60, Broken. 2 * 300	Weights, Drills. Easy 15-20 mins	2 *150 @75% Or 2 * 300 @ 75%	Rest	AV Shield Rd 2 Program 2 Knox	20 Min easy
29 Oct	Weights, Drills. 4 * 80m @75%	500, 300,100 Target time 80,48,14. Or 300,150,80.	Weights, Drills. Easy 15-20 mins	1 *350. 50f, 150temp,150 Or 1 * 250. 50f, 150temp, 50f	Rest	AV Shield Rd 3 Program 3 Duncan Mackinnon	20 Min easy
5 Nov recharge week	Weights, Drills 4 * 80m @ 75%	Cup Day No training	Weights, Drills. Easy 15-20 mins	Starts	Rest	Training at Duncan Mackinnon T.B.A	20 Min easy
12 Nov	Weights, Drills 4 * 80m @75%	100,200,100. 5 min recovery. 10 mins rest 500 or 300 fast	Weights, drills. Easy 15-20 mins	80,50; 120,50;150,50; 180,50;	Rest	AV Shield Rd 4 Program 1 Knox	20 Min easy

Sprint start program

Tuesday		3 point 6 * 30 with cones
Thursday		3 point 4 * 30 parachute and cones: Blocks 4 * 30 with cones
Tuesday		3 point 4 * 30: blocks 6 * 30 short steps @ 75 %
Thursday		Blocks 6 * 30
Tuesday		3 point 4-6 * 30m (20m bounding) 10m @ 90%
		Blocks 2 – 4 * 30m @ 90% increase stride: increase frequency
Thursday		Blocks 6- 8 * 30 first 10m short steps @ 75%
Tuesday		3 point 4 * 30 first 10m short steps with parachute
		Blocks 4 * 30m
Thursday		Blocks 4 * 10m fast
Tuesday		Blocks 4 * 30 parachute
		Blocks 4 * 10
Thursday		Blocks 4 – 6 40m. 4 * 40m chasing.
Tuesday		3 point 4 * 30 downhill: Blocks 4 – 6 chasing
Thursday		3 point 4 * 30 downhill: Blocks 4 * 30 Chasing
Tuesday		3 point 6 * 30 downhill: blocks 6 * 50 relay
Thursday		Blocks 6 –8 * 50 @ 75% & 90%
Tuesday		3 point 4 * 30 parachute: Blocks 4 * 10
Thursday		Blocks 2 sets of 4 * 10
Tuesday		3 Point 6 * 30 downhill: Blocks 6 * 50 Chasing
Thursday		Blocks 6 * 30
Tuesday		3 point 4 * 30 downhill: blocks 4 * 30
Thursday		Blocks 4 _ 6 50m chasing



Malvern Harriers Athletic Club Inc.

Training & Racing Schedule Middle Distance - 800-1500m

Early Competition

Week Starting	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15 Oct	Weights Easy 20-30 mins	Plyometrics. Starts. 4 *150 passing. 2 * 400 @ race pace. 3 mins rest	Easy 40 mins. 4 run throughs	6 * 400 (1500 pace) 3 mins recovery. 4* 60	Rest	AV Shield Rd 1 Program 1 Frankston	Easy 50-60 mins pick up last 10mins
22 Oct	Weights Easy 20-30 mins	Plyometrics. 2* (Nim Gorrie 60 secs, 300). 4 mins recovery	Easy 40 mins. 4 run throughs	6 *250 @ target race pace. 2 min recovery	Rest	AV Shield Rd 2 Program 2 Knox	Easy 50-60 mins pick up last 10mins
29 Oct	Weights Easy 20-30 mins	Plyometrics.Tactics . 4 *400 (4 mins) 4 * 200@ race pace. 400 jog	Easy 40 mins. 4 run throughs	Starts. 8 * 200 @ target race pace. 200 jog	Rest	AV Shield Rd 3 Program 3 Duncan Mackinnon	Easy 50-60 mins pick up last 10mins
5 Nov recharge week	Weights Easy 20-30 mins	Cup Day No training	Easy 30 mins. 4 run throughs	Starts. 6 * 150. walk back	Rest	Training at Duncan Mackinnon T.B.A	Easy 45 mins
12 Nov	Weights Easy 20-30 mins	Starts. 4* 2 mins fast 4 min jog	Easy 40 mins. 4 run throughs	2 * 1000(3k pace). 400 jog. 4 * 150, passing	Rest	AV Shield Rd 4 Program 1 Knox	Easy 50-60 mins pick up last 10mins



Malvern Harriers Athletic Club Inc.

Training & Racing Schedule – Short Distance 3000- 5000m

Early Competition

Week Starting	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15 Oct	Weights Easy 20 –30 mins	Starts. 3 * 1k @ race pace. 3 mins recovery	Easy 45 mins. 4 run throughs	6 * 400. Recovery. 2mins, 1.45,1.30,1.15 1.00.	Rest	AV Shield Rd 1 Program 1 Frankston	Easy 60mins pick up last 10mins
22 Oct	Weights Easy 20-30 mins	3 * (Nim Gorrie, 60 sec, 300). 4 mins recovery	Easy 45 mins. 4 run throughs	10 mins easy, 10 mins tempo 10 mins hard.	Rest	AV Shield Rd 2 Program 2 Knox	Easy 60mins pick up last 10mins
29 Oct	Weights Easy 20 -30 mins	5 * 400 @ 1500 pace, 2 mins recovery. 1 Nim Gorrie @ 5k pace. 3 min recovery 5 * 200 @ 3k pace 200 jog.	Easy 45 mins. 4 run throughs	Starts. 3*300,100 jog 3*300,100 walk	Rest	AV Shield Rd 3 Program 3 Duncan Mackinnon	Easy 60mins pick up last 10mins
5 Nov recharge week	Weights Easy 20- 30 mins	Cup Day No Training	Easy 30 mins.	20 mins fartlek	Rest	Training at Duncan Mackinnon T.B.A	Easy 60mins pick up last 10mins
12 Nov	Weights Easy 20-30 mins	3 * 1k(5k pace)400 jog 4 *150. passing	Easy 45 mins. 4 run throughs	4 * 4mins fast 4 mins jog	Rest	AV Shield Rd 4 Program 1 Knox	Easy 60mins pick up last 10mins



Malvern Harriers Athletic Club Inc.

Training & Racing Schedule – Distance

Preparation Phase 1

Week Starting	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15 Oct	Easy 20mins	Easy run 40 mins	Easy 40- 45mins	Technique work. Easy 40 mins	Rest or swim	AV Shield Rd 1 Program 1 Frankston	Easy 60 mins
22 Oct	Easy 20mins	3 * Nim Gorrie 400 Jog	Easy 40- 45mins	Technique work. Easy 30 mins	Rest or swim	AV Shield Rd 2 Program 2 Knox	Easy 60 mins
29 Oct	Easy 20mins	Technique work. easy 30 mins	Easy 40- 45mins	Technique work. 6 * 300 100 walk	Rest or swim	AV Shield Rd 3 Program 3 Duncan Mackinnon	Easy 60 mins
5 Nov recharge week	Easy 20mins	Cup Day No Training	Easy 40- 45mins	Technique work. 30 min easy	Rest or swim	Training at Duncan Mackinnon T.B.A	Easy 60 mins
12 Nov	Weights Easy 20mins	3 * (1k @ 10k pace. 3 run throughs)	Easy 40- 45mins	4 * 4 mins (10k pace). 4 mins float	Rest or swim	AV Shield Rd 4 Program 1 Knox	Easy 60 mins