

Reading Roadrunner's Coaching Plan



Prepared by	Vroni Royle	Technical Aims	according to athletes goals
Delivered by	Vroni Royle	Fitness Aims	Spring Marathon Prep

Dates	This Session will help you	Fundamentals	Physical Prep	Drills	Running activities
08 January 2020	Fundamentals Phase: Tempo sessions improve your body's tolerance to and ability to buffer lactate (the byproduct of anaerobic cellular	Balance	None - Focusing on Fundamentals	Dynamic Drills focusing on blancing on single legs and arm drive	Mona Fartleks: 90/60/30/15
15 January 2020		Balance			Tempo Burst Finish: Easy 5k with 6x 1 min ST
22 January 2020		Balance			2 x 10 minutes at HM pace followed by 6 X 90 sec T
29 January 2020	The early quality phase (Phase 2) is mostly used to introduce faster workouts and prepare the runner for the next two phases.	Coordination		Dynamic drills focusing on Head, Shoulder: upper body	4-6 x 200s at R: 200s R/ 200s jg 200s R/ 200s jg 400 E 400s R/ 400s jg
05 February 2020		Coordination			2x 200s and 400s at R: 4x 200s R/ 200s jg 400 E 4x 400s R/ 400s jg 400 E 4 x 200s R/ 200s jg
12 February 2020		Coordination			400s at R: 4x 400s R/ 400s jg 800 E 4x 400s R/ 400s jg 4 x 200s R/ 200s jg
19 February 2020	The transition quality phase (Phase 3) is the most stressful and is designed to optimize the components specific to the event being trained for, in this case the Marathon.	Agility		Dynamic Drills focusing on directing our body and arm drive	2 x 54321 Structured Farlek: 5 min at M 4 min at E 3 min at 10k 2 min at E 1 min at 5k 30 sec E 30 sec at R 2 min Rest
26 February 2020		Agility			800-600-400-200: 800 at T / 200jg 600 at -3sec faster/ 200 jg 400 at -2sec faster/ 200 jg 200 at -1sec faster/ 200jg
04 March 2020		Agility			1000s: 5x 1k at I / 400 jg
11 March 2020		Balance			Dynamic Drills focusing on Tall Posture
18 March 2020		Balance	Dynamic Drills focusing on directing our body and arm drive		200s are back: 24 (!) x 200s at 5k pace / 200 jg
25 March 2020		Coordination			Not quite the mile: 4 x 1200 at I / 3 min jg
01 April 2020	Coordination	Dynamic Drills focusing on fast feet and arm drive	Tuning week: 5 x 1m T/ 1 min rec REST if youre racing		
08 April 2020	Agility		Tuning week: 3 x 1m T/ 2 min rec REST if you're racing		
15 April 2020	Agility		Tuning week: 6 x 1k I/ 400 jg REST if you're racing		
22 April 2020	Agility	Dynamic Drills focusing on Tall Posture	Steady 30 min at E & 4x 400s R		
29 April 2020	Recovery		Balance		