

TRAINING PROGRAM FOR LONG DISTANCE RUNNING

EXAMPLE:

Monday	Easy Training
Tuesday	Long Intervals
Wednesday	Easy Training
Thursday	Short Intervals
Friday	Easy Training
Saturday	Long Slow Distance Running
Sunday	Medium and up to fast distance running

Description of the different training sessions:

Easy Training: could be for instance

- 60-90 minutes of slow/easy running, or
- Swimming, 45-60 min, or
- Weight training in the gym

Long Intervals: could be one of the following sessions:

- 8 x 1000m with 1-2 min recovery (walking/jogging)
- 6 x 5 min with 1-2 min recovery (walking/jogging)
- Pyramid intervals: 1-2-3-4-5-5-4-3-2-1 minutes intervals with 1-2 min recovery (depending of the length of the interval).
- 2-4-6-6-4-2 min interval
- 40 min of fartlek, which should include “intervals” with length of 1-5 min. Recovery jogging between the intervals should be half of the length of the interval.

Short Intervals: could be one of following sessions:

- 20 x 200m with 30 sec recovery
- 12 x 400m with 45 sec recovery
- 15 x 1 min with 45 sec recovery

Long Slow Distance (LSD) Running: Approx. 2 hours running. For the marathon: every 3. week 2,5 to 3 hours. The important thing is to be out for long time, but keep the speed down.

Medium -> fast distance running: Run a distance of approx. 15 km. First 2 km slowly, and then increase your speed. But not to max. (up to ½ marathon speed).

General comments:

- Every interval session/hard day should be followed by at least one easy training day.
- Before every interval session you should have approx. 20-25 min easy running (warm up). And after the interval session approx. 15 min of easy running (cool down).
- Every 3. week should be an “easy” week. This is called “periodication”, and is done for recovering. That means you should reduce the distance (km) amount with 40% on every training session. The speed on the session should remain the same as in a “hard” week. Example: 1) 60 min running in a “hard” week should be reduced to 40 min running in an “easy” week. 2) 8 x 1000m intervals in a “hard” week should be reduced to 5 x 1000m in an “easy” week, but the speed should remain the same.
- It is important to have big difference in speed/intensity between hard and easy training sessions.
- Once every month you should test yourself in a “test-race”. Select a track which is 7-10 km long and run it as fast as possible. Note down your race-time. Run the same track next month, and see if you have improved. Remember warm up and cool down (in the same way as for the interval session). This test-race should replace the long interval session for this specific week.
- If you participate in a race in the weekend: don’t do the “medium->fast distance”-training session. Also short down the LSD running (45 min is enough).
- It is possible to switch succession of the different days/training sessions as you want. But remember that a hard training session (interval, medium/fast distance run or competition) always should be followed by an easy day. That is because you need the time for recovery.
- Weight Training: should be performed at least one (max. two) day every week. Both upper and lower body.