

CARRICK-ON-SUIR ROAD RUNNERS

INTERVAL TRAINING SCHEDULE
(as advised by James Sullivan)

Further to the four technique sessions which James held in Kildalton in January, he has prepared an interval training schedule for our club runners to follow in the coming weeks. The schedule is shown below and contains indicative times that each person should take to run 400 metres (equal to $\frac{1}{4}$ of a mile) based on one's average Winter League time (over a 5K distance).

Winter League 5K Average Time	Indicative Time One should take to run 400 metres
20 Minutes	1 Minute 30 Seconds
21 Minutes	1 Minute 35 Seconds
22 Minutes	1 Minute 40 Seconds
23 Minutes	1 Minute 45 Seconds
24 Minutes	1 Minute 50 Seconds
25 Minutes	1 Minute 55 Seconds
26 Minutes	2 Minutes 0 Seconds
27 Minutes	2 Minutes 5 Seconds
28 Minutes	2 Minutes 10 Seconds
29 Minutes	2 Minutes 15 Seconds
30 Minutes	2 Minutes 20 Seconds

Notes:

- Club officials will be able to give estimated times that people outside of these winter league times should be expecting; this also applies to new members who may not have ran in the recent Winter League.
- On James' advice, we will mark out 400 metres in Kildalton each week and ideally group people with others of similar ability when doing these interval runs.
- James recommends that each person completes ten interval runs in a session with a two minute recovery period between each run.