

## **CARRICK ON SUIR ROAD RUNNERS**

### **INTERVAL TRAINING SCHEDULE**

**(As advised by James Sullivan)**

Further to the first session in our Spring training programme on 21<sup>st</sup> January where running coach James Sullivan advised us on how to conduct an interval training programme, James has prepared the following interval training schedule which is mapped against indicative times that club members achieved during the recent Winter League:

<b>Winter league 5K Average Time</b>	<b>Indicative time one should take to run 400 metres</b>
20 Mins	1 Minute 30 Seconds
21 Mins	1 Minute 35 Seconds
22 Mins	1 Minute 40 Seconds
23 Mins	1 Minute 45 Seconds
24 Mins	1 Minute 50 Seconds
25 Mins	1 Minute 55 Seconds
26 Mins	2 Minutes 0 Seconds
27 Mins	2 Minutes 5 Seconds
28 Mins	2 Minutes 10 Seconds
29 Mins	2 Minutes 15 Seconds
30 Mins	2 Minutes 20 Seconds

#### **Notes:**

- James recommends adding at least one interval training session to one's weekly training schedule – it is proven to improve runners times in subsequent races.
- Club officials can give estimated times to new members or to members who ran winter league outside of the above range.
- James recommends that an interval training session should include a warm up, ten 400 metre runs with a two-minute break between each one, followed by a warm down.