

University Marathon programme training - WEEK 5

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23. 4. 2012; 2012; by: PhDr. Aleš Kaplan, Ph. D. ; Section: University marathon

Week V.	23. 4. – 29. 4. 2012	Training programme	
	Goal: preparation for the pace of the race Weekly micro-cycle with individual attitude	Recommendation:	Important:
		Training result	Evaluation
Monday	Run: 2×(3×1 km) with the task to run a one-kilometre section with the appointed time for the categories (answers to the questions after the check test) similarly as in the last week, the rest interval between the sections is about 2- 4 minutes, between the series 5 minutes: a+b) pace for 1 km (4:35 – 4:50 minutes, those more physically fit can run even faster, however, they must repeat the mentioned time in the other sections), c+d) pace for 1 km (4:50 – 5:10 minutes, those more physically fit can run even faster, however, they must repeat the mentioned time in the other sections), e) pace for 1 km (5:20 – 5:50 minutes, if at a slower pace or an unpleasant feeling to choose a run with a lower intensity, with a possible combination with trot in the ratio of: trot 200 m and run 800 m)		
Wednes	Run: 10 km continuously at a pace set in advanced as recommended in the previous week. Goal: to manage the run in the length of the race route A variant of the runner with the answer: a)+b) pace of run 5:10 – 5:30 minutes./ km (80-85% of the maximum of heart frequency) c)+d) pace of run 5:45 – 6:00 minutes/ km (80-85% of the maximum of heart frequency) e) pace of race 6:10 – 6:30 minutes/ km (80-85% of the maximum of heart frequency), or as the case may be a slower pace about 7:00 minutes/ km		
Friday		Continuous run 3×25 min. a)+b) to change the pace of the run using the system, – in the 1 st series a run 2:30 minutes– more briskly 1:30 minutes – trot repeatedly 1 minute , in the 2 nd series – a run 3 minutes – more briskly 1 minute – trot repeatedly, in the 3 rd series	

		<p>a run 3:30 minutes - - 0:30 minutes run, - 1 minute more briskly, trot repeatedly, the rest interval between the series 2 - 4 minutes.</p> <p>c)+d) to change the pace of the run using the system- in the 1st series 3:30 minutes- a run - more briskly 0:30 minute. - trot repeatedly 1 minute, in the 2nd series - a run 3 minutes - more briskly 1 minute - trot repeatedly 1 minute, in the 3rd series a run 4 minutes - more briskly 0:30 minute - trot repeatedly 0:30 minute, the rest interval between the series 4 minutes.</p> <p>e) to change the pace of the run using the system: in the 1st series a run -4 minutes - walk 0:30 minute - trot repeatedly 0:30 minute., in the 2nd series a run 3:30 minutes - walk 0:30 minute - run repeatedly 1 minute, in the 3rd series a run 4 minutes- more briskly 0:30 minute - trot repeatedly 0:30 minute, the rest interval between the series 4 - 5 minutes.</p>
Sunday		Biking 70 minutes, spinning 60 minutes or in - line skating 60 minutes

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