

University marathon programme training - WEEK 3

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Week	9. 4. – 15. 4. 2012	Training programme	
	<p>Goal: to find out the level of preparedness for relay running race after 14 days of preparation A control weekly micro-cycle</p>	<p>Recommendation: not to underestimate a cold weather and to wear a suitable dress, to supplement vitamins C and B</p>	<p>Important: To repeat the technique of run through the alphabet of running , a thorough warm-up</p>
		Training result	Evaluation
Tues	Run: 4-5×8 minutes with the task to run the following section always by 100 metres further, continuously with a gradually intensified finish (!!!not full, we have to take a total of 4 to 5 running sections, redistribute your strength equally!!!)		
Wedr	<p>Control running: a 5 km run continuously Goal: to find out the level of individual endurance and to check the efficiency of the running training after two weeks of running preparation Motivation question: can I run 5 km continuously? Next question: Do I manage to run 5 km continuously and in what time? Answer: a) I managed it without difficulties b) I had small difficulties c) I had a crises and I felt stiff legs d) I had problems when running and I had to choose the combination of run and walk e) I didn't manage it I ran onlykm</p>		
Frida		<p>A variant of training for the runners with the answer: a)+b) Fartlek: 3×15 minutes while altering the pace (faster – freer), start altering the pace from the 5th minute and combine the fast run and freer pace according to your feeling, a faster section of : 30, 50, 60, 70 m, then followed by a less intensity running section in the duration of 1 minute, to keep doing this up to the 12th minute,</p>	

		<p>subsequently to run at a equal pace up to the 15th minute</p> <p>c)+d) Continuous run: 3-4×15 minutes (an equal pace, rest between the sections for 3 minutes)</p> <p>e) run/walk, so called Indian run: run 5 minutes – walk 2 minutes – run 6 minutes – walk 2 minutes – run 5 minutes– walk 3 minutes – walk 4 minutes – walk 2 minutes – run 4 minutes– walk 2 minutes</p>	
Sund		<p>Biking 80 minutes, spinning 60 min., in – line skating 70 minutes, an additional sport (volleyball, soccer, basketball, floorball, etc)</p>	

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