

University marathon training programme - WEEK 2

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Week	2. 4. – 8. 4. 2012	Training programme	
	Goal: continuing in the preparation for the relay running race, preparing the organism for a gradual increase of burden	Recommendation: to wear an appropriate clothing in a cold weather (not to run only in T-shirt or in shorts) and to warm-up properly	Important: suitable running shoes, proper food and drinking regime
		Training result	Evaluation
Tuesd	Start running for 5 minutes, a warm up, running exercises: 8×30 m (lifting, run with lifting the heels upwards, skipping, running on tensed legs, connecting skipping and the run with lifting the heels upwards, hopping trot, gallop, straights for the technique of the run 3×80 m. Running: 6×5 minutes with the task to run the following section always by a few meters further at an equal pace (!!! the crucial point- not to overdo the beginning!!!). recovery run 5 minutes, stretching and compensation exercises.		
Wedne	Fartlek:2×18-20 minutes while altering the pace (faster – freer), start altering the pace from the 6 th minute and to combine the fast run and a freer pace according to your feeling, a faster section of : 30, 50, 60 m, then followed by a resting running section with a low intensity in the duration of 1 minute, to keep doing this up to the 12 th minute, subsequently up to the 18 th minute to run at an equal pace		
Friday		Starunning for 8 minutes, warming up, running exercises: 6×40 m (lifting, run with lifting the heels upwards , skipping, running on tensed legs, hopping trot,, gallop) intensified straights 2x 100 m. Continuous running 3-4×12 minutes (an equal pace, resting between sections for 3 minutes). A relaxing run for 8 minutes, stretching and compensation exercises.	
Sunda		Biking 75 minutes, in – line 60 minutes, in case of bad weather - spinning 60 minutes	

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