

COACHING SUGGESTIONS FOR THE 3000M/5000M/10,000M & CROSS COUNTRY

Phase (One)	Base or Foundation Period (Building the Foundation of the House)
	These are the truly Aerobic Endurance events requiring enormous amounts of Aerobic Endurance and Aerobic Power
Mon	Strength/CT(1) + 40'e
Tues	Week (1) : 10'e + Stretching/Striding + 5-6 x 1000m/2'e walk rec + 15'e Week (2) : 10'e + Stretching/Striding + 5 x 1200m/2'e walk rec + 15'e Week (3) : 10'e + Stretching/Striding + 5 x 1600m/2'e walk rec + 15'e Week (4) : 10'e + Stretching/Striding + 12 x 400m/2'e walk rec + 15'e
	The above 4 sessions should preferably be done in a measured, undulating park or on a cross country course
Wed	1hr:10'e/med
Thu	Strength/CT(2) + 50'e
Fri	No training
Sat	Week (1) : 10'e + Stretching/Striding + 15 x 150m fast uphill strides/jog down rec + 15'e Week (2) : 10'e + Stretching/Striding + 2 x 3000m/12'e jog rec + 10'e Week (3) : 10'e + Stretching/Striding + 5-6 x 1000m/2'e walk rec + 10'e Week (4) : 10'e + Stretching/Striding + 20 x 100m/100m (50m walk/50m easy jog) rec + 15'e
Sun	1hr:30'e/med over a Hilly Route
Total Mileage	Kms

Phase (Two)	Pre-Season Period (Build the walls of the House)
Mon	Strength/CT(1) or CT(2) + 40'e
Tue	Week (1) : 10'e + Stretching/Striding + 4 x 1200m/2'e walk rec + 15'e Week (2) : 10'e + Stretching/Striding + 1 x 600m/500m/400m/300m/200m/100m with a 3' easy jog between reps + 10'e Week (3) : 10'e + Stretching/Striding + 5 x 800m/3'e walk recovery + 15'e Week (4) : 10'e + Stretching/Striding + 10 x 200m fast uphill strides/with an easy jog down rec + 15'e
Wed	1hr:00'e

Thu	1hr:00'(15'e/35'hard/10'e)
Fri	No training
Sat	Week (1) : 10'e + Stretching/Striding + 8 x 400m/3'e slow jog rec + 15'e Week (2) : 10'e + Stretching/Striding + Week (3) : 10'e + Stretching/Striding + 12 x 200m/200m (100m walk/100m slow jog) rec + 15'e Week (4) : 10'e + Stretching/Striding + 400m/350m/300m/250m/200m/150m/100m with a 200m slow jog rec between reps + 15'e
Sun	1hr:20'e/med over a Hilly Route
Total Mileage	Kms

Period (Three)	Competition Period (Placing the Roof on the House)
Mon	35'e
Tue	Week (1) : 10'e + Stretching/Striding + 8 x 400m/3'e slow jog rec + 15'e Week (2) : 10'e + Stretching/Striding + 350m/300m/250m/200m/150m/100m with a 200m slow jog rec between reps + 15'e Week (3) : 10'e + Stretching/Striding + 4 x 1000m/2'e walk rec + 15'e Week (4) : 10'e + Stretching/Striding + 15 x 100m/100m (50m walk/50m easy jog) rec + 15'e
Wed	45'e
Thu	30'e
Fri	No training
Sat	Race over 800m/1500m/3000m or the ½ - Marathon (with either the 3000m or 5000m or 10,000m or the Cross Country being the No. 1 event). They must be equally competent cross country runners. It is unlikely that the 3000m and the Cross Country will be absolute priority events. 'Trio Training' : The must know his/her 800m/1500m speed and equally their 10,000m and ½ - Marathon speed ie speed/strength endurance and aerobic endurance
Sun	1hr:00'e
Total Mileage	Kms

Period (Four)	Recovery Period (Planning and Designing the next House)
	Post competition recovery is essential. Reclaiming the desire to train and race. This can be made up of slow runs, swimming, cycling, hiking, another type of sport but with adequate days of complete rest ie recharging the batteries. This recovery period can last between 2 to 3 to 4 weeks. 3 weeks is preferable.
Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	
Total Mileage	Kms

Strength Training Component

Strength/Circuit Training (1)		
8 Exercises		
Squats		
Bench Press		
Leg Extension		
Sit-ups		
Leg Curl		
Back Raise		
Leg Raise		
Alt Leg Thrusts		

Strength/Circuit Training (2)		
8 Exercises		
Leg Press		
Press-ups		
Alt Dumb Bell Press		
Step-ups		
Lat Pull Down		
Sit-ups		
Back Raise		
Double Leg Thrusts		

Technical/Speed/Strength/Plyometrics Training (3)		
3 Exercises		
High Knees x 30m		
Butt Kicks x 30m		
High Knee Jumps x 30m		
Hopping R & L x 30m		
Hurdle Jumps x 8H's		
Standing Long Jump		
Standing Triple Jump		
Running Drills 30/30/30m		

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