

# Clinics

# Lustrumevent



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Thanks for participating in the clinics for the Lustrum relay or following the training schedule! This document offers some explanation for each training session. The ones schedules for Mondays will also be given during the clinics, Wednesday trainings you can do solo or together with your lustrum-group. On Monday we will focus a bit more on speed, whereas on Wednesday we try to improve endurance and encourage recovery with longer easy runs.

The schedule contains two sets of trainings: the upper set is meant for the more novice runners, the lower one is aimed at people who already run occasionally. Should you find the schedule to easy or hard at any point, feel free to add or remove a repeat or adapt the minutes mentioned.

## Week 1

### **Monday**

We start the schedule with a little assessment of your shape. Try to run easily and watch that your breathing does not speed up too much. During the 6 times 2 minutes try to pick your pace in such a way that you have recovered after the rest (i.e. your breathing has returned back to normal). After this training you should have a slightly better view for which pace you like to run in.

### **Wednesday**

If the warming-up tempo of Monday felt right you can do this training at the same pace or a bit higher. Does the training feel very easy, you can add a third repeat of 4/5 minutes.

## Week 2

### **Monday**

In addition to the explanation in the schedule itself, try to watch your pace in this training. Do you notice that at the end of the resting interval you are not fully recovered, try to adapt your pace. Given that the distances rise you will have to adapt your tempo to that too.

### **Wednesday**

A comparable training to last week, less minutes but more repeats.

## Week 3

### **Monday**

During this training we will focus on the feeling of a bit more tempo. After the warming up we'll do a few acceleration runs over 100 to 200 meter after which we have a walking-break. After a few of these accelerations we'll have a nice easy jog to finish the session.

### **Wednesday**

The day of the competition is almost here, to make sure you can perform on Saturday today we should not train too hard. Try to stay relaxed and make the run feel easy.