

HIIT: Bangsboe (30-20-10 Seconds)**DURATION TRAINING:** 45 Minutes**SURVEY**

| Intervalls | Intensity | break | Series | Cycles | Break between Cycles | Duration Unit |
|----------------------------------|-------------------------------------------|-------|--------|--------|----------------------|---------------|
| 1. 30sec 2. 20sec 3. 10sec | 1. easy 2. moderate-high 3. maximum | none | 5 | 3 | 2min walking or rest | 19min |

Preferably on a flat course; Variation: Hill Runs

PROCEDURE:**Warm up (10-15 minutes)**

1. Easy jogging 5-10 min.
2. 4 progressive runs 80m up to submaximal speed

HIIT-Training (19 minutes):

1. Run 30 sec. with moderate speed; this should feel easy.
2. Speed up to submaximum speed for 20 seconds.
3. Run as fast as you can for 10 seconds.
4. Do 1-3 five times without break -> 5 minutes.
5. Recover for 2 minutes, walking or resting.
6. Do the next cycle (1-5). In total you do 3 cycles.

Cool down (5-10 minutes)

Easy running for 5 minutes, 5 min. stretching

HIIT: 4-2-4-2-4 Minutes**DURATION TRAINING:** 45 Minutes**SURVEY**

| Intervals | Intensity | Breaks | Series | Cycles | Breaks | Duration Unit |
|-----------------------------------------------------|-----------|--------------------------------------------------|--------|--------|--------|---------------|
| 1. 4min 2. 2min 3. 4min 4. 2min 5. 4min | high | 2min walking or easy running after each interval | 1 | 1 | - | 24min |

Preferably on a flat course; Variation: Hill Runs

PROCEDURE:**Warm up (10-15 minutes)**

1. Easy jogging 5-10 min.
2. 4 Progressive runs 80m up to submaximum speed

HIIT-Training (24 Minutes)

1. Run 4 min. as fast as you can. This should feel strenuous, especially during the second half.
2. Easy running or walking for 2 minutes.
3. Run for 2 min. slightly faster than in interval 1. This should feel very strenuous.
4. Easy running or walking for 2 minutes.
5. Repeat step 1; try to run as fast as in the first interval, at constant speed.
6. Easy running or walking for 2 minutes.
7. Repeat step 3; try to run as fast as in the first interval, at constant speed.
8. Easy running or walking for 2 minutes.
9. Repeat step 3; try to run as fast as in the first interval, at constant speed. If you have any Energy left, speed up for the last minute.

Cool down (5-10 Minuten)

Easy running for 5 minutes, 5 min. stretching

HIIT: 2x 10x 15 Seconds**DURATION TRAINING:** 45 Minutes**SURVEY**

| Intervalls | Intensity | Break | Series | Cycles | Break between Cycles | Duration Unit |
|------------|-----------|-----------------------------|--------|--------|----------------------------|---------------|
| 15sek | maximum | 15sek lockeres Traben | 10 | 2 | 5min lockeres Traben | 15min |

Preferably on a flat course; Variation: Hill Runs

PROCEDURE**Warm up (10-15 minutes)**

1. Easy jogging 5-10 min.
2. 4 Progressive runs 80m up to submaximum speed

HIT-Training (15 minutes)

1. 15 sec. sprint.
2. 15 sec. easy running.
3. Do step 1 and 2 ten times -> 5 min.
4. Easy running or walking for 5 minutes.
5. Repeat step 3 -> 5 minutes.

Cool down (5-10 minutes)

Easy running for 5 minutes, 5 min. stretching

HIT: Test 3km-Run

DURATION TRAINING: 45 Minutes

SURVEY

| Interval | Intensity | Break | Series | Cycles | Break between Cycles | Duration Unit |
|----------|-----------|-------|--------|--------|----------------------|---------------|
| 3km | maximum | - | 1 | 1 | - | 15min |

Preferably on a 400m track or flat course

PROCEDURE**Warm up (10-15 minutes)**

1. Easy jogging 5-10 min.
2. 4 Progressive runs 80m up to submaximum speed

HIT-Training (15 minutes)

1. Run 3km as fast as you can. Try to run at constant speed, if you can, speed up for the last 2 minutes.
2. Record your time

Cool down (10-15 minutes)

Easy running for 5 minutes, 5 min. stretching

Basic Endurance

DURATION TRAINING: 45 Minutes

SURVEY

| Interval | Intensity | Break | Series | Cycles | Break between Cycles | Duration Unit |
|----------|-----------|-------|--------|--------|----------------------|---------------|
| 30min | low | - | 1 | 1 | - | 30min |

Preferably on a flat or hilly course

PROCEDURE

Warm up

-

Training (30 Minutes)

1. Run at constant speed, where you feel at ease. You should be able to talk during running.

Cool down (15 minutes)

1. 10-15 minutes stretching.

HIIT: 10x 200 m**DURATION TRAINING:** 50 Minutes**SURVEY**

| Interval | Intensity | Break | Series | Cycles | Break between n Cycles | Duration Unit |
|----------|-----------|-------------------------------------------------------|--------|--------|------------------------------|---------------|
| 200m | maximum | 90sec easy running/ walking after each interval | 10 | 1 | - | 30min |

Preferably on a 400m track or flat course. Variation: Hill Runs

PROCEDURE**Warm up (10-15 minutes)**

1. Easy jogging 5-10 min.
2. 4 Progressive runs 80m up to submaximum speed

HIIT-Training (30 minutes)

1. Run 200m at maximum speed.
2. 90sec easy running/ walking
3. Repeat 1 and 2 ten times

Cool down (10-15 minutes)

Easy running for 5 minutes, 5 min. stretching

HIIT: 4x 4 Minutes**DURATION TRAINING:** 45 Minutes**SURVEY**

| Interval | Intensity | Break | Series | Cycles | Break between Cycles | Duration Unit |
|----------|-----------|------------------------------------------------|--------|--------|----------------------|---------------|
| 4min | High | 3min easy running/ walking after each interval | 4 | 1 | - | 25min |

Preferably on a 400m track or flat course. Variation: Hill Runs

PROCEDURE**Warm up (10-15 minutes)**

1. Easy jogging 5-10 min.
2. 4 Progressive runs 80m up to submaximum speed

HIT-Training (25 minutes)

1. Run at a speed that you can keep up for 4 min.. This should feel strenuous, especially for the last 2 minutes.
2. 3min easy running/ walking .
3. Repeat step 1 and 2 four times.

Cool down (10-15 minutes)

Easy running for 5 minutes, 5 min. stretching

HIIT: 5x 400 m**DURATION TRAINING:** 50 Minutes**SURVEY**

| Interval | Intensity | Break | Series | Cycles | Break between Cycles | Duration Unit |
|----------|-----------|-------------------------------------------|--------|--------|----------------------|---------------|
| 400m | maximum | 4min walking/ resting after each interval | 5 | 1 | - | 24min |

Preferably on a 400m track or flat course

PROCEDURE**Warm up (10-15 minutes)**

1. Easy jogging 5-10 min.
2. 4 progressive runs 80m up to submaximum speed

HIIT-Training (30 Minutes)

1. Run 400m as fast as you can.
2. 4min walking/ resting
3. Repeat Step 1 and 2 five times

Cool down (10-15 minutes)

Easy running for 5 minutes, 5 min. stretching

HIT: Test 5km-Run**DURATION TRAINING:** 50 Minutes**SURVEY**

| Interval | Intensity | Break | Series | Cycles | Break between Cycles | Duration Unit |
|----------|-----------|-------|--------|--------|----------------------|---------------|
| 5km | maximum | - | 1 | 1 | - | 25min |

Preferably on a 400m track or flat course

PROCEDURE**Warm up (10-15 minutes)**

1. Easy jogging 5-10 min.
2. 4 Progressive runs 80m up to submaximum speed

HIT-Training (25 minutes)

3. Run 5km as fast as you can. Try to run at constant speed, if you can, speed up for the last 2 minutes.
4. Record your time

Cool down (10-15 minutes)

Easy running for 5 minutes, 5 min. stretching

Competition: Lucern City Run 10 km

DURATION: approx. 1 hour

SURVEY

| Interval | Intensity | Break | Series | Cycles | Break between Cycles | Duration Unit |
|----------|-----------|-------|--------|--------|----------------------|---------------|
| 10km | maximum | - | 1 | 1 | - | 1 hour |

PROCEDURE**Warm up (10-15 minutes)**

1. Easy jogging 5-10 min.
2. 4 Progressive runs 80m up to submaximum speed
3. Go to start, good luck!

During the run

Start at an easy pace, try to find a constant rhythm as soon as possible. Speed up for the last km.

Cool down (10-15 minutes)

Relax with your friends, family and supporters. Congratulations!



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10 STRETCHES FOR RUNNERS



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Muscle Stretched:
Trapezius, Deltoid

Bring the arms to be stretched horizontally across your body. Use your opposite elbow to hold in position as shown. You should feel a comfortable stretch along the back of your shoulder. Hold the stretch for 30-45 seconds and repeat.



Muscle Stretched:
Shoulder

Reach overhead with the arm to be stretched. Fully bend the elbow as if you were trying to reach your shoulder blade. With the opposite hand apply pressure to pull the elbow backward behind your ear. Hold 30-45 seconds and repeat.




Iliotibial Band Foam rolling

Lie on side with feet flat on shins. Cross top leg over lower leg for support. Slowly roll from upper portion of outer thigh, to knee apply pressure on tender spots for 30 seconds.



Muscles Stretched:
Gluteals

Lying on your back, cross the leg to be stretched over your opposite knee as pictured. Grasp the back of the knee to bring your ankle towards your feet. Keep your head, shoulders and trunk relaxed and flat on the floor. You should feel a gentle stretch in your gluteals. Hold for 30-45 seconds and repeat.



Active Hamstrings Stretch

Lying on back as shown. Hip and knee bent to a 90 degree angle. Group the lower leg. Slowly straighten the knee keeping the 90 degree angle at the hip. Hold for 2 seconds and repeat 10 times per leg.



Muscles Stretched:
Hamstrings

From a kneeling position - extend the leg to be stretched in front of the body as shown. Keeping the knee straight, always reach forward, attempting to touch the toes, until you feel a comfortable stretch at the back of your thigh. Hold for 30-45 seconds and repeat.



Muscles Stretched:
Quadriceps

Standing on opposite leg and holding onto an object/training partner for balance. Bend the knee to be stretched as much as possible. Use your arms to pull further towards your buttock as shown. You should feel a comfortable stretch on the front of the thigh. Make sure you keep your abdominals tight throughout the stretch and do not allow your knee to arch. Hold for 30-45 seconds and repeat.



Muscles Stretched:
Psoas & Sartorius femoris

Assume a half kneeling position as shown with the knee of the leg to be stretched on the floor and the arm on the side to be stretched raised overhead. Tighten the abdominals to keep the spine in a neutral position and bring the hips forward. Do not allow your back to hyper extend. You should feel a comfortable stretch along the front of your lower abdomen and upper thigh. Hold for 30-45 seconds and repeat.



Muscles Stretched:
Gluteus medius

Take a long stance as shown at roughly arms distance from a wall, chair or training partner. Ensure that both feet are facing forward and not rotated. Slowly move your hips forward keeping your torso in line with the back leg, the back knee straight and feet of the back foot firmly on the floor. You should feel a comfortable stretch in the calf of your back leg. Hold for 30-45 seconds and repeat.



Muscle Stretched:
Soleus

Standing with feet shoulder width apart take a comfortable step forward (approximately 12-15 inches). Using a wall, chair or training partner for balance, slowly sink your weight onto your back leg, bending the knee as you do so. You should feel a comfortable stretch in the calf of your back leg. Hold the stretch for 30-45 seconds and repeat.

Stretches demonstrated by Robert and Marian Heffernan. Technical advice for photo shoot by Stephen Swanton representing CPSEM. Photos by Matt Bowens, sportsills.com

THE IRISH SOCIETY OF CHARTERED PHYSIOTHERAPISTS

The Irish Society of Chartered Physiotherapists (ISCP) is the professional representative body in the Republic of Ireland for over 3,000 Chartered Physiotherapists and is the sole Irish body recognised by the World Confederation for Physical Therapy (WCPT).

The CPSEM is the clinical interest group of the ISCP that is directly involved in Sports medicine. Our members are especially interested in the prevention and rehabilitation of sports injuries and work with athletes of all levels. As all of our members are Chartered you can be sure that your physiotherapist has the high level of education, knowledge and experience needed to give quality and effective treatments.

Our members can help you:

- Choose the right sports activities for you
- Prescribe exercises to strengthen your weak areas
- Plan your exercise routine
- Manage your sporting injury

If you have any injury concerns it is important to stop your exercise activity and seek advice. The sooner you get your injury checked out, the sooner your Chartered Physiotherapist will be able to help you return to training.

More information on Physiotherapy can be found at www.iscp.ie, or by contacting the ISCP at 01 802 2148. Your local Chartered Physiotherapist working in Sport can be found in the Golden Pages or online at www.cpsem.org

DESIGNED BY COTTRELL EXERCISE & SPA TEAM

Source:

<https://www.supportstjames.ie/wp-content/uploads/2017/05/stretching-exercises.jpg>