

Minimus Running Plan

How to use the Programme:

It is important that you select an appropriate goal for your current level so do a 1km Time Trial (TT) before starting the programme. Ensure a proper warm up of 10-15 min easy running.

From your time trial (if attending training we will work this out for the children) work out what your goal is i.e. run 1000m in 3 mins 20 secs.

200 secs divided by 4 = 50 secs per 250m

4 min run - 250m x 60 sec interval

5 min run - 250m x 75 sec intervals etc.

The kids will find their own pace over the training and work to this. If they have a watch that has a timer this would be ideal to wear for training. Don't worry if they don't know what their pace is yet, we will work it out with them during training.

An ideal place to practice this is around a running track, GAA walking path etc if training at home or in your own time. Feel free to adjust to suit, this plan gives three days rest.

Week 1 & week 2 - 6th March- 19th March

Warm up stretches

Day 1 & 3

1 km warm up at a steady pace

4 x 250m @ 50 sec with equal rest between each 100 m (50 sec) ideally twice a week

250 m cool down after each run at a slow steady pace

Cool down stretches

Day 2

Warm up stretches

Try to find a hill and mark out 250m to work into training once a week and run 4 to 6 times sprinting up and walking back down at a steady pace.

Cool down stretches

Day 4

One long run of two km, ideally incorporating hills, this is to work on endurance.

Cool down stretches after each training session

This gives three rest days in the week.

Week 3 20th March - 2nd April

1 km warm up at a steady pace

4 x 250m @ 50 sec with half rest between each 100 m (25 sec) by twice a week

250 m cool down after each run at a slow steady pace

Try to find a hill and mark out 250m to work into training once a week and run 4 to 6 times sprinting up and walking back down at a steady pace.

One long run of 3 km, ideally incorporating hills, this is to work on endurance.

Week 4 - 2nd April - 15th April

1 km warm up at a steady pace

4 x 250m @50 sec with quarter rest between each 100 m (15 sec) by twice a week

250 m cool down after each run at a slow steady pace

Try to find a hill and mark out 250m to work into training once a week and run 4 to 6 times sprinting up and walking back down at a steady pace.

One long run of 3 km, ideally incorporating hills, this is to work on endurance.

Week 5 - 16th April 30th April

1 km warm up at a steady pace

2 x 500m @100 sec with half rest between each 100 m (25 sec)

Time trial - 1000m

250 m cool down after each run at a slow steady pace

Try to find a hill and mark out 250m to work into training once a week and run 4 to 6 times sprinting up and walking back down at a steady pace.

One long run of 3 km, ideally incorporating hills, this is to work on endurance.

Ideally the week before competition should be a rest week, I have left out the hill runs this week. Maybe do the time trial on Monday and the long run mid week leaving the rest of the week so the kids are fresh for the run on Sunday.

Week 6 - 1st May - 7th May, Carlow Fun Minimus! -

1 km warm up at a steady pace

Time Trial - 1000m

250 m cool down after each run at a slow steady pace

One long run of 3-4 km, ideally incorporating hills, this is to work on endurance.

Review after May Fun Minimus

This is only a guide to help the children get running each week. Enjoy.