



Macrocycle for Keighley & Craven AC Seniors										
		Period: January to December								
		Stage of Development:	Event Group - K&CAC Racing Group			No. in Group:	20+			Ages: 25 to 50
		Macrocycle Technical Focus:	Improved running technique			Deficiencies to address:				Poor technique
		Macrocycle Fitness Focus:	Improved Speed Endurance (able to run faster/faster for longer)			Deficiencies to address:				Inadequate speed/endurance
Season		Cross Country	Cross Country transition to Track	Track and Fell	Track and Fell	Road	Cross Country			
Month		January to February	March to April	May to June	July to August	September to October	November to December			
Key Target Races	January : Yorkshire XC Champs		May: Calderdale Way Relay		September : Northern Road Relays	November : National XC Relays				
	February: National XC Champs	April:Northern Road Relays 12/6 Stage	June : Bradford Way Millenium Relay	August: Yorkshire Road Relays	October : National Road Relays	December : Gathering Winter Fools Relay				
Mesocycle for Keighley & Craven AC Seniors										
	February 2017				March 2017					
Club Training Nights: Running Session Activities, Endurance, Speed	Tuesday : Speed : Track	Tuesday : Speed : Track	Tuesday : Speed : Track	Tuesday : Speed : Track	Tuesday : Speed : Track	Tuesday : Speed : Track	Tuesday : Speed : Track	Tuesday : Speed : Track		
	100,200,400,200,100 Pyramid (100J recoveries) 4 Sets (200W/200J between sets)	9 x 300m (100 jog recoveries)	6 x 600m (100J/100W recoveries)	18 x 200m (100 jog recoveries) 9x2 Sets (200W/200J between sets)	100,200,100 (100 jog recoveries) 5 x 2 Sets (200W/200J between sets)	4 x 400m/4 x 200m (100J recoveries) 2 Sets (200W/200J between sets)	200,300,400,800,400, 300,200 Pyramid (100J recoveries) 2 Sets (200W/200J between sets)	12 x 400m (100 jog recoveries)		
	Thursday : Hills : Road	Thursday : Tempo : Road	Thursday : Tempo : Road	Thursday : Tempo : Road	Thursday : Tempo : Road	Thursday : Hills : Grass	Thursday : Tempo : Road	Thursday : Tempo : Road		
3 x 1 mile repeats Riddlesden Measured Mile (2@tempo pace, 1@ 800/800 Tempo/Race pace) (3 mins recovery between reps)	Glenlyon Hill Reps 12 reps (Jog downhill recoveries) 6 x 2 Sets (Slow walk recovery between Set)	3 x 1 mile repeats Jubilee Tower - 1 mile (800/800) negative splits (3 mins recovery between reps)	Highfield Loop (Hill/Down/Flat) 1200m x 4 reps (3 mins recoveries)	Cliffe Castle Loops - 300,500,800,500,300 (90 secs recoveries) 2 Sets (3mins recovery between sets)	Cliffe Castle Hill Reps 12 reps (Jog downhill recoveries) 6 x 2 Sets (1Set Up/Down/Up, 1 Set Up and across) (Slow walk recovery between Sets)	View Road Loops 6 x 600m reps @ Race Pace (3 mins recoveries)	4 x 1 mile repeats Keighley Cricket Club Loops (3 mins recovery between reps)			