



CHORLEY ATHLETIC & TRIATHLON CLUB

run : jump : throw : bike : swim : walk : fun



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JUNIOR ENDURANCE WORKOUTS

Introduction

Endurance running for juniors is very popular, whether is being done for racing, parkruns or for other sports e.g. football, swimming, cycling, etc.

When it came to the recommended volume of running, most coaches seemed to agree that girls can handle as much training as boys.

| Age Group | Days per Week | Miles per Day | Miles per Week |
|------------------|----------------------|----------------------|-----------------------|
| Under 13s | 2 to 3 | 2 to 4 | 6 to 10 |
| Under 15s | 3 to 4 | 3 to 5 | 8 to 20 |
| Under 17s | 4 to 5 | 3 to 9 | 15 to 25 |
| Under 20s | 5 to 6 | 3 to 20 | 30 to 60 |

Additional, complementary training could be introduced to substitute some running sessions e.g. cycling, swimming, football, weight training, etc. Under 13s are also encouraged to partake in other athletic disciplines such as throwing, jumping and sprinting.

Excessive training can cause over-use injuries occurring in young athletes (and seniors). These are more likely to occur when the athlete specialises, leading to frequent repetition of the same movement. The greater the speed, the greater the impact stress, hence running long distances on soft ground is less stressful than, say, sprinting and jumping on a hard synthetic track. There have been reports of damage to epiphyseal growth plates caused by running long distances on the road before growth has finished. However, there is plenty of anecdotal evidence from third world countries that children as young as 7 can run 10 miles a day without injury, so long as it is off-road and at their own pace.

Sample Sessions



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Under 13s

Winter: training twice a week, plus occasional race at weekends (e.g. cross country)

Day 1

- 5 mins jog warm-up and dynamic stretching exercises
- 5 mins steady run
- 800m approx. fast run
- 5 mins walk-jog to recover
- 400m approx. fast run
- run back to start, 1500m approx.
- Cool down and static stretching exercises

Day 2

- 5 mins jog warm-up and dynamic stretching exercises
- 4 x 80metres, at increasing speed, with 80m walk recovery
- 2 x 80m sprint, with a long recovery
- Three times around the field (100m approx. each side) running one side fast, one side slow, two sides fast, one side jog/walk, one side fast, one side slow, two sides fast, one side jog/walk, one side fast, one side slow
- 800m approx. jog back to start
- Cool down and static stretching exercises

Summer: training twice a week, plus race/parkrun at weekends

Day 1

- 5 mins jog warm-up and dynamic stretching exercises
- demonstrate baton-passing, divide into relay teams and have 2 or 3 races over 4 x 100m.
- Jog 2 laps slowly, then organise a time trial over 200m.
- Cool down and static stretching exercises

Day 2

- 5 mins jog warm-up and dynamic stretching exercises
- 1600m approx. of easy running (10 minutes exercise session)
- 600m on grass, half effort
- 5 minutes rest
- 300m on grass, full effort
- Cool down and static stretching exercises

Weekend

Group warm-up. Competition or trials. Everyone to try at least one track and one field event



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Under 15s

All sessions:

- 5 mins jog warm-up and dynamic stretching exercises
- Post-session cool down and static stretching exercises

Winter: sample training schedule

- Sun: 50mins steady run
- Mon: Rest
- Tue: 4 x (800m fast, 90secs recovery, 400m fast, 90 secs recovery) on grass
- Wed: 40 mins easy running
- Thu: 8 x (300m fast, 60 secs recovery, 200m fast, 90 secs recovery) on grass
- Fri: Rest
- Sat: Race or 10 mins warm-up, 25 mins Fartlek, 10 mins warm down

Summer: sample training schedule

- Sun: 3 x (400m fast, 60 secs recovery, 600m, 90 secs recovery, 200m) 3 mins rest between sets, on grass
- Mon: Rest
- Tue: 3 x (2 x 400m, 60 secs rest) 5 mins between sets, on track
- Wed: 35 mins easy running
- Thu: 6 x 200m fast, with 3 mins recoveries, on track
- Fri: Rest
- Sat: Race or 45 mins run



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Under 17s

All sessions:

- 5 mins jog warm-up and dynamic stretching exercises
- Post-session cool down and static stretching exercises

Winter: sample training schedule

- Mon: 45-50mins relaxed steady run
- Tue: 3 x 1500m on grass (2 1/2 mins recovery)
- Wed: 20 mins easy run plus circuit training
- Thu: 14 x 1 min on, 1 min off, speed endurance training, on grass
- Fri: Rest day
- Sat: Race or 7 x 1minute hill repeats, 3mins walk back recovery
- Sun: 60-70mins easy run on undulating terrain

Summer: sample training schedule

- Mon: 30 mins steady running
- Tue: 6-8 x 600 on grass
- Wed: 30 mins easy run
- Thu: 8 x 400m on track or tarmac
- Fri: Rest day
- Sat: Race
- Sun: Up to 60 mins steady



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Under 20s

All sessions:

- 5 mins jog warm-up and dynamic stretching exercises
- Post-session cool down and static stretching exercises

Winter normal week:

- Mon: 45-50 mins steady run, including 2 x 5mins fast (2 mins recovery)
- Tue: 45-50 mins steady run, inc. 5 x 10 secs fast bursts
- Wed: 60 mins steady run, inc. 10 x 400m 74/76s pace (75 secs recovery)
- Thu: 45-50 mins steady run, inc. 5 x 15 secs fast
- Fri: cycle or rest or swim
- Sat: 60 mins inc. 4 x 1000m approx., hilly cross-country (90 secs recovery)
- Sun: 60-75 mins easy run

Winter pre-race week:

- Mon: 45-50 mins, inc 1x 10 mins hard
- Tue: 45-50 mins inc. 4 x 20 secs. fast
- Wed: 60 mins inc. 8 x 300m @ 53-55s pace (100m jog recovery)
- Thu: 30 mins easy, inc. 5 x 10 secs
- Fri: Rest
- Sat: 15 mins easy
- Sun: Race

Summer normal/pre-race week:

- Mon: 60 mins Fartlek on grass
- Tue: 5 x (800fast, 60 secs rec, 400 fast, 120 secs recovery)
- Wed: 60 mins easy
- Thu: 3 miles easy, 3 miles at Threshold* pace, then 4 x 400m in 55/56secs, 3 mins rec.
- Fri: 30 mins easy or rest
- Sat: Minor race or 2 x (10 x 400m in 64, 60 secs rest) 2mins between sets
- Sun: 10-12 miles steady run, off-road

* Threshold pace is faster/harder than your normal easy run but is slower than your 5K or 10K race pace.