

## Niagara Olympic Club Indoor 2012 Phase 2 - Specific Preparation Phase

**Aerobic/Strength:** 25- 50 minute run; 2 x core OR 10 minute run + weights + 20 minute run  
**Fartlek Run:** 10 minute warm up; followed by 1 minute fast run on every 3 minutes (recovery is 2 minutes easy, but not a jog)  
 repeat 5 - 10x for 15 - 30 minutes total; 5- 10 minutes cool down  
**Threshold Run:** 7 minute warm up; followed by 3 minute tempo (5 k pace); recovery is 1 minute easy; repeat 3 - 6 times; 8 minute cool down  
**Aerobic Long:** MTA = 30 minutes; 400-800m = 45 minutes; 800-1500m = 50 minutes; 1500 - 3000 = 60+ minutes  
**Pre competition warm up:** 15 - 25 min run, drills, strides, stretch

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Specific Preparation Phase	Aerobic long Strength/Core	Aerobic Strength Endurance	Aerobic Strength/Core MTA REST	Aerobic Strength/Core	Intervals	REST	Aerobic/ Intervals
Jan1 - 7	"	warm up, drills, plyometrics core, strides			Track VO2 max short Threshold	Rest	Short Hills
Jan 8 - 14	"	warm up, drills, plyometrics core, strides	"	"	Track VO2 max short VO2 max long	Rest	Short Hills
Jan 15 - 21	"	warm up, drills, plyometrics core, strides	"	"	York U Speed End	Rest	Short Hills
Jan 22 - 28	"	warm up, drills, plyometrics core, strides	"	"	Track Short Speed Threshold	Pre competition warm up	Rest
Jan 29 - Feb 4	AO Prep Meet #1 @ York	warm up, drills, plyometrics core, strides	"	"	Track VO2 max short VO2 max long	Pre competition warm up	Rest Travel to Windsor