

Cleveland AC Training Macro 2019; with Goals and Target Races noted.

		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
		Winter - Building a base, strength training focus of technique and hill work.		Spring - More lactate threshold running		Summer - Combination of VO2 max speed sessions with the track sessions; with the Thursday sessions still giving the endurance (hills for team races in June)				Winter - More lactate threshold running, less VO2 max sessions, start building a base again to the start of hills again			
		<small>Think the focus is by increasing distance while your training base, strength training technique, flexibility and build on on your 1000m work, when did you? Focus on your weekly improvement in something that you can achieve the same goal.</small>		<small>Lactate threshold running for the distance of 1000m of your weekly improvement in something that you can achieve the same goal.</small>		<small>There will start to combine more speedwork into the club sessions with longer quarter mile some more specific drills. We could offer additional club sessions (if the distance is within the club) for most clubs looking track races in the Summer this year.</small>				<small>Some tapering sessions for individuals half marathons, start to reduce VO2 max with longer Lactate sessions. This period will include some hill work and building that base into 2020.</small>			
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