

## OTCE – STRUCTURE [MD/ENDURANCE]

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 & 3	Recovery running + gym [functional development]	<b>AM: Intervals</b> <b>PM: active recovery</b> <b>i.e. swim etc</b>	Recovery running + gym [postural development]	<b>AM: tempo/pace</b> <b>PM: skills &amp; drills + speed</b>	Easy / rest	<b>AM: Hills</b> <b>PM: active recovery</b> <b>i.e. swim etc</b>	Aerobic capacity running
2	Recovery running + gym [functional development]	<b>AM: Intervals</b> <b>PM: active recovery</b> <b>i.e. swim etc</b>	Recovery running + gym [postural development]	<b>AM: tempo/pace</b> <b>PM: skills &amp; drills + short hills [1200m max]</b>	Easy / rest	<b>AM: track</b> <b>PM: active recovery</b> <b>i.e. swim etc</b>	Aerobic capacity running
Rec	Recovery run [gym]	<b>Fartlek / track [2-3k]</b>	Recovery run [gym]	Recovery run [skills & drills?]	<b>Tempo/ test / monitoring</b>	Aerobic running	Rest

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2x10k [strides]	<b>Intervals [mix]</b>	2x10k	<b>AM: LT [split] or tempo [M]</b> <b>PM: postural control/ skills [combo]</b>	2x10k	<b>Hills - shorter</b>	15k *
2	AM: 10-15k [strides] PM: 8k	<b>a) Longer Interval</b> <b>b) mix</b>	Aerobic w/ pick up 16k [2k pick up] [gym]	am:10-12k	<b>a) track [shorter rep]</b> <b>b) LT</b>	20k [4k pick up]	Rest / easy
3	AM: 10-15k PM: 8k [gym]	<b>AM:12-16k tempo / LT [2k 1k high low - 2x7-8k etc]</b> <b>PM: 8k</b>	20-25k hilly	12k / 8k skills - postural control [combo]	AM: 12-15k PM: active rec	<b>AM: Hilly fartlek / long hills</b> <b>PM: 6k</b>	25k hilly
rec	Recovery run [gym]	<b>Recovery run / easy fartlek</b>	Recovery run [gym]	recovery run	<b>Recovery run / easy fartlek [test/monitoring]</b>	15-20k easy run	rest / easy