

**24<sup>th</sup> May - 12<sup>th</sup> July 2017**

24 <sup>th</sup> May Speed work	2 sets of: 4 x 800m at threshold pace with 200m recovery 400m recovery between sets Finish with a timed mile	
31 <sup>st</sup> May	Mini pyramid reps at 10k pace 800m/600m/400m 45 second recovery between reps 90 second recovery between sets Target pace sheet provided	
7 <sup>th</sup> June River run	To Sonning bridge and back quicker!	
14 <sup>th</sup> June	2 sets of: 1k at 5k pace – 400m recovery 2x 400m at 3k pace – 200m recovery 2k at 5k pace – 400m recovery 2x 400m at 3k pace – 200m recovery	
21 <sup>st</sup> June Scorpions	2 or 3 sets of: 4x 500m at 10k pace with 300m fast Job back along the home straight between reps 400m recovery between sets	
28 <sup>th</sup> June Controlled pacing	Mile reps at increasing pace – marathon pace, half marathon pace, 10k pace and 5k pace 400m recovery	
5 <sup>th</sup> July Pairs in the park	Groups of 4 – each pair needs to be similar ability	
12 <sup>th</sup> July Speed work	2x 200m with 10 second recovery (focus on style) 4x 400m with 20 second recovery (maintain style) 6x 800m with 60 second recovery (faster than race pace)	