

SUMMER CROSS-COUNTRY

with Katie

Everyone welcome; no one obliged!

The aim over the next 8 weeks is to get ready for the Woodland 5 race on Wednesday 19th July.

Each session will start with a warm-up and some silly games (technical drills and/or physical preparation activities). These will be done **in the park**. The main running sessions will usually be in the park, too. We will stretch together at the end of the session.

Please remember to bring water and something warm to put on between repetitions (where there is time to do so!).

If you have any questions, please speak with me on a Wednesday evening.

Date	Session	What it means
31st May	run to the whistle	run until the whistle goes; rest until the whistle goes; run until the whistle goes...
7th June	flying 30s	30m accelerate; 30m max velocity; 30m decelerate; 100-120m recovery; repeat
14th June	wind up the pace TRACK SESSION	get gradually faster over 4 laps; recover for 200m; repeat
21st June	HILL TRAINING	we will find a lovely hill nearby and run up and down it several times
28th June	pick your pace	1000m, 800m or 600m; 200m recovery; repeat until end of session
5th July	HILL TRAINING	we will find a (different) lovely hill nearby and run up and down it several times
12th July (no Katie)	scorpions	700m + 100m faster (recovery is after 15 minutes of effort)
19th July	Woodland 5 race at Crowthorne woods	

REMEMBER Speed is relative:

“max velocity” means the fastest **you** can go

“slow” means the slowest running **you** can do

“steady” means the fastest running **you** can sustain