

**20<sup>th</sup> September - 08<sup>th</sup> November**

20 Sep	PYRAMIDS – 10K pace 400/800/1200/1600/1200/800/400 Quicker ones can squeeze in 2 x 1600 !	
27 Sep	SPEEDWORK 4-6 Sets of 800m @ 3K pace. Recovery is back along home straight 400m @ 3K pace Recovery 400m	
4 Oct	ENDURANCE faster than 10K pace 6-8 x 1200m – Recovery 200m	
11 Oct	PACE AND STAMINA 4 x 1K reps @ 5K pace. Recovery 400m 2 x 2K reps @ 5K pace. Recovery 400m	
18 Oct	CONTROLLED SPEED WORK 5K pace 4 X 400m – 100m rec 4 x 600m – 200m rec 4 x 800m – 200m rec	
25 Oct	STAMINA 10K pace 2 x 1200m 1600m 2 x 1200m 1600m 200m recovery between each effort.	
01 Nov	SPEEDWORK/SPRINTS 3K pace 16 x 300m 100 rec 400 rec after 8 efforts to break it up.	
08 Nov	MILE REPS – CONTROLLED PACING 1 mile at marathon pace 1 mile at ½ marathon pace 1 mile at 10k pace 1 mile at 5k pace 400 rec between each – approx 15 secs difference between miles.	