

RUNNING SCHEDULE 15 Nov- 10 Dec

15 NOV	PYRAMIDS – 10K pace 400/800/1200/1600/1200/800/400 Quicker ones can squeeze in 2 x 1600 !	
22 NOV	SCORPIONS 2 or 3 sets of: 4 x 500m at 10k pace with 300m fast Job back along the home straight between reps 400m recovery between sets	
29 NOV	4-5 sets of: 400m rec along home straight 800m rec along home straight 400m 400 rec	
06 DEC	Mini pyramid reps at 10k pace 800m/600m/400m 45 second recovery between reps 90 second recovery between sets	
13 DEC	4 x 1K reps 2 x 2K reps all at 5k pace with 400 slow recovery	
20 DEC	CONTROLLED SPEED WORK 5K pace 4 x 400m – 100m rec 4 x 600m – 200m rec 4 x 800m – 200m rec	
03 JAN	2 x 200m with 10 second recovery (focus on style) 4 x 400m with 20 second recovery (maintain style) 6 x 800m with 60 second recovery (faster than race pace)	
10 DEC	1600m - 400 rec 1200m - 400 rec 800m - 400 rec 400m - 400 rec X 2	