

24Jan-21Mar

24 Jan	800m @ 10k pace – to ensure well warmed up Then 15 x 300m @5K pace recovery is across the grass from the start to 100m point. (400m recovery after each 5 300s)	
31 Jan	1k reps at target 5k pace (decide a realistic 5k target for 2018!) 400m recovery Continue till time	5 th Feb England Athletic talk at Berkshire County Sport Club- Sonning Lane. “How to Train in a Busy World”
07 Feb	Scorpions 3-5 sets of 3 x 500m @10k pace 300m @5k pace, recover back along the home straight. 400 recovery between sets	Bramley 20/10 11 th Feb
14Feb	Valentines Night 6-8 sets of 800m @ 10k pace– recover along the home straight 400m @ 5k pace 400m recovery between sets ** no-one to run alone** Take turns pacing	Wokingham ½ 18 th Feb
21Feb	Mile reps at increasing pace Marathon ½ Marathon 10k 5k Good for pacing	
28Feb	7 minutes running – see how far you get – 400 rec 2 sets of 4 x 400m - 100rec between 400s 400m between each set 7 minutes running – see how far you get, try for further	
07Mar	4 x 400m 100rec 4 x 600m 200rec 4 x 800m 200rec @ 5k pace	
14Mar	England athletics Coach Session	
21Mar	Pyramids 4,8,12,16,12,8,4, 400 recovery all @ 10k pace (Some can do 2 x 1600m)	