

Lesley and Nigel's group

Date	Session	Aim	Coach	Races
3 rd Jan	EA Club Run Session	5k/10k/XC focus	NA	Cliveden XC
10 th Jan	8-10 x [600m fast, 200m recovery, 200m faster, 200m recovery]	Above threshold training	NH	TVXC Hampshire league Woodcote 10k
17 th Jan	6 x 1200m at 10M pace (400m recovery)	Tempo session	NH	TVXC Abingdon 10k
24 th Jan	800m relays in teams of 3 of similar ability for 40 mins	Speed endurance	NH	Romsey 5
31 st Jan	4 x [700m fast, 100m faster, 400m recovery] 4 x [500m fast, 100m faster, 300m recovery] 4 x [300m fast, 100m faster, 200m recovery]	Finishing kick	NH	TVXC EA Club Run Talk (Monday)
7 th Feb	5-6 x 1600m at 10M pace (400m recovery)	Tempo session	NH	Bramley 20/10 Hampshire league
14 th Feb	2 x 400m, 800m, 1200m, 1600m (400m recovery)	Endurance	NH	Wokingham half Richmond half
21 st Feb	16-20 x [400m, 1 min recovery]	Speed work	NH	Thorpe Park half
28 th Feb	5 x [8 mins at 10M pace, 2 mins recovery]	Tempo session	NH	Goring 10k Bath half

Rep rules: Unless otherwise stated the aim is to do reps at even pace, but to 'help'

Rule 1: Neither of the first two reps should be your fastest, neither of the last two should be your slowest

Rule 2: If unsure about your fitness or race pace, it's much better to start conservatively and get faster, rather than the other way round (or not finish the session)

Rule 3: If a niggle starts or gets worse during running, ignore rules 1 and 2, ease off, and if necessary jog or stop – training sessions should never be counterproductive – listen to your body