

28th March - 23May

28 March	3 or 4 sets of 4 x 400 100 rec between reps, 400 rec between sets Take 1/2marathon time and convert to mins and secs-add 5 secs. Eg 1hr40min – Do 400 in 1.45 (this will be about 30 secs a mile faster than ½ marathon pace)	
04 April	4 x 1k reps @ 5k pace 400 rec 2 x 2k reps @ 5k pace 400 rec	
11 April	3 sets of 900m reps – consisting of 500m @10k pace 100m on the run recovery – stay in the middle 300m @ 3k pace Start at the bottom of the home straight, 100m rec back along home straight After 3 sets – 400 rec and start again. Continue till time	
18 April	**Higgs Special** Pairs In the park followed by 20 sec speed session	
25 April	4 or 5 sets of 4 x 200m – 30 sec recovery on the side 800m @ 10k pace 400 rec	
02 May	Timed mile Mini pyramids 200m,300m,400m,300m,200m with 200m rec Timed mile	
09 May	**Higgs Special** TVP – To the bridge and back. In groups - 3min @ 10k, 3 min @ 5k – change leader.	
16 May	2 x 1600m 200 rec 2 x 200m 200m rec 1 x 2400m 200m rec	
23 May	Kendrick Hills	