

Lesley and Nigel's Group.

Date	Session	Aim	Coach	Races
7 th Mar	5 x 3min (2min) 5 x 2min (1min)	Running economy	LW	
14 th Mar	12 x 600m at 3k pace (200m easy)	Neuromuscular recruitment	LW	
21 st Mar	6 x 1km @ 5k pace of off 6 mins.	Vo2 max	LW	
28 th Mar	(400m @ 5k pace, 400m @ 3k pace) 400m easy, x 7 or 8	Pace quickening under control.	LW	
4 th April	4 x 400m (100m rec) 4 x 600m (200m rec) 4 x 800m (200m rec) 400m extra rec between sets	Fatigue resistance	LW	
11 th April	4 sets of 4 x 400m, 100m between reps, 400m rec between sets.	Boost lactate tolerance	LW	
18 th April	(600m fast, 200m faster)400m recovery x 10	Finishing speed	LW	
20 th Dec	[400m fast, (400m easy) 800m fast (400m easy) 1200m fast (400m easy)] x3	Pace control	LW	