

30th May-25th July 2018

30 th May	2 x 1600m 200 rec 2 x 200m 200m rec 1 x 2400m 200m rec	
06 th June	4 - 6 sets of 4 x 200m – 30 sec recovery on the side 800m @ 10k pace 400 rec	
13 th June	Mile reps @ 10k Pace – 400 rec	Woodland 5 Crowthorne Woods 7.30pm
20 th June	2 or 3 sets of 1K @ 5K pace - 200 rec (2.5laps) 2 x 400 @ 3K pace 200 rec 1K @ 5K pace - 200 rec (5 laps) 2 x 400 @ 3K pace 400 rec (each rep is 3,800 effort and rec)	
27 th June	PYRAMIDS @ 10K PACE 400,800,1200,1600,1600.1200,800,400 400 REC (those over 8 and half min mile only do 1 x 1600m)	
04 th July	River Run – Sonning Bridge	
11 th July	SPEEDWORK 5 X 800M 2 MIN REC 3/5K PACE 3 X 1600M 3 MIN REC 5K PACE	
18 th July	1 mile approx 10 x 400 reps in pairs – recovery is waiting for partner. 1 mile	Woodland 5 Crowthorne Woods 7.30pm
25 th July	STAMINA 5 X 400M 100M REC 5 X 600M 200M REC 5 X 800M 200M REC @ 10K PACE	