

<u>Date:</u>	May-Oct 2018	
<u>Time:</u>		
<u>Venue:</u>	Palmer Park	
<u>Session Goals:</u>	Speed/Endurance	
2 nd May	5 min out 5 min back 2 min rest. (static)	Palmer Park
9 th May	Vroni's Session 1 mile 2x8 paarloufs (200m) 4 min recovery	Palmer Park
16 th May	EA Coached Session	Palmer Park
23 rd May	Vroni's Session	Palmer Park
30 th May	Vroni's Session	
6 th June	Vroni's Session	
13 th June	Vroni's Session	
20 th June	Vroni's Session 1 mile 200m, 300, 400, 300, 200 (200 recovery) 1 mile	
27 th June	Vronis Session 400m (fast) 400m (easy) 800m (fast) 400m (easy) 1200m (fast) 400m (easy) 4 min recovery	
4 th July	Vroni's Session 600m fast 200m faster – 400m recovery Repeat 10 times	
11 th July	Outrun (weather Permitting)	
18 th July	1 mile warm up Relays In field (3's a crowd) 1 mile cool down	
25 th July	Outrun (weather permitting)	
1 st Aug	Pyramid Session Run for 5min, 4min, 3min, 2min, 2min, 3min, 4min, 5min. Recovery 1 min	
8 th Aug	3 part: 200m 1 min rest. Repeat 10 times 300m 1 min rest. Repeat 7 times. 400m 1 min rest. Repeat 5 times.	
15 th Aug	Buddy Parloufs	
22 nd Aug	123 Run 1 lap hard (walk jog till recovered) (1 lap) Run 2 laps hard (walk jog till recovered) (1 lap) Run 3 laps hard (walk jog till recovered) (1 lap) Repeat	

Planned by:

29 th Aug	1 mile warm up Tabata Session 2 min Fast. 1 min rest 2 min fast Repeat 6 times 1 mile cool down	
5 th Sept	Hills (tbc)	
12 Sept	5min, 4min, 3min, 3min, 4min, 5min. measured Mile	
19 th Sept	1 mile reps	
26 th Sept	1k reps 200m recovery	