

Track sessions Phase 2, return to track. 16, 23, 30 Sept, 7 Oct.

Coach; **Lesley Whiley**

Aim of sessions: assess current realistic 5k times and aim to improve over the 4 weeks.

All sessions will start with explanation of session, warm up and drills. Main session followed by cool down, reflection on session.

**16<sup>th</sup> Sept.**

6 x 800m reps @ 5k pace, 2 min recovery.

4 x 400m @ 5k pace minus 2 secs. 1 min recovery

**23<sup>rd</sup> Sept**

600m effort, 200m easy x 8 – 10, 400m extra recovery after 4 / 5 reps.

**30<sup>th</sup> Sept**

4 x 4 x 400m ( 100m recovery), 400m between sets.

**7<sup>th</sup> Oct**

(500m fast, 100m faster ) 200m rec, x 4

(300m fast, 100m faster ) 200m rec, x 4

(200m fast, 200m recovery ) x 4

All the above sessions should be done to your current ability and may be adjusted slightly to suit the individual.