

Wednesday Track sessions

Coach: Lesley Whiley

Aim of sessions: improve awareness of pacing, build consistency, improve aerobic fitness.

All sessions will start with explanation of session, warm up and drills. Main session followed by cooldown and stretching.

All of the sessions are done to the runners own ability and may be adjusted in volume to suit current levels of fitness.

4th August

10 x (500m fast, 100m faster) 200m recovery jog

2 min drink break after 5th interval.

11th August

400m effort (100m rec)

500m effort (100m rec)

600m effort (300m rec)

Repeat above for 45 mins.

18th August

4 min effort (2 min easy) x 5

1 mile timed

25th August

800m @ 5k race pace. Recovery and regroup.

(1 min fast, 1 min easy) x 16

800m @ 5k race pace, 400m recovery.