

Date	Session	Aim
6 April 2022	800m warm up plus drills Yasso 800's - 10 x 800m + 400m jog recovery 800m cool down then stretching	aerobic fitness test following on from past 3 months, & fair bit of endurance
13 April 2022	800m warm up plus drills Timed 800m 400m recovery Pyramid: 200, 600, 1000, 1400, 1000, 600, 200 each with a 200m jog recovery 800m cool down then stretching	pyramid starts easy then starts pushing aerobic fitness
20 April 2022	800m warm up plus drills 6 x (1600 fast, 400m recovery) 800m cool down then stretching	mostly aerobic fitness, pace judgement, and endurance
27 April 2022	800m warm up plus drills 6 x 5mins at 5k pace (2 min recovery) 800m cool down then stretching	5k pace session
4 May 2022	800m warm up plus drills Up pyramid, 400m, 600m, 800m, 1k, 200m recovery between reps, for 40 mins. 800m cool down then stretching	Reps become more challenging as distance increases - aerobic & endurance
11 May 2022	800m warm up plus drills 700m fast, 100m faster, (400m rec) x4 500m fast, 100m faster (300m rec) x4 300m fast, 100m faster (200m rec) x4 800m cool down then stretching	aerobic fitness, pace judgement, and endurance
18 May 2022	800m warm up plus drills 8 x 400m, 200m recovery 8 x 200m, 100m recovery 800m cool down then stretching	aerobic & anaerobic fitness
25 May 2022	800m warm up plus drills 8 x 5 mins (start 2 min recovery, each rep 5 secs less recovery 800m cool down then stretching	Diminishing recovery
1 June 2022	800m warm up plus drills 12 x (500m fast, 100m faster) 200m easy jog recovery. 1k to finish 800m cool down then stretching	Finishing burst of speed.
8 June 2022	800m warm up plus drills Pyramid 800m / 1200m / 1600m / 2000m / 1600m / 1200m / 800m, 400m jog recovery	Stamina and pacing

	800m cool down then stretching	
15 June 2022	800m warm up plus drills 5 x (1 min fast, 1 min easy) 8 x (2 min fast, 1 min easy) 5 x (1 min fast, 1 min easy) 800m cool down then stretching	Lactate tolerance
22 June 2022	800m warm up plus drills 4 mins faster than 5k pace, 1 min recovery 12 x 2 min at 5k pace, 1 min recovery 4 mins at faster than 5k pace 800m cool down then stretching	Endurance & speed
29 June 2022	800m warm up plus drills Time pyramids: 1 min, 2 min, 3 min, 4 min, 4 min, 3 min, 2 min, 1 min, 1 min, 2 min, 3 min, 4 min recovery is half rep time 800m cool down then stretching	Stamina