

Date	Session	Goal	Volume
01-Jun	2k effort -2 Lap/8mins rec 6 sets of 500m - 40 sec rec, then 500m - 2mins rec	Aim to run the 2k at quicker than 5k race pace - not all out effort. Useful for grouping runners together for the rest of the session. Use 400m lap pace from the 2k to determine 500m pace - split k's	8km
08-Jun	1Km - lap/4 mins 2 x 500m - 1min between reps, lap/4mins rec 3Km - lap/4mins rec 5 x 200m - 1min30 sec rec	1km effort pace, 500's at same pace - create fatigue before 3km tiring to create tired legs Then 200m efforts on the tired legs.	6km
15-Jun	5 sets of: 600m 1min 30/200m rec 200m 1min 30/200m rec 200m lap/4mins rec	Good recovery between each set - Looking to achieve a fast effort under your 5km pace	5km
22-Jun	1Km, Lap/4 mins rec 2 x 600m/500m/400m - 1min 30/200m rec 5 x 200m - 90/200 rec	Tempo to start, then a declining rep distance and looking at increasing pace. Effort 200's with a generous recovery	5km
29-Jun	1Km, lap/4mins rec 3 sets of 5 reps x 300m 1min 30 between reps, lap/4mins rec between sets	For some this can be a session aimed as a pre-race float ahead of Runnymede relays, others pushing effort pace.	5.5km
06-Jul	2 sets of 5 x 800m 1min 20 between reps, lap/4mins rec between sets	Longer session to keep up endurance at start of the month, setting up for shorter more intensive workouts later in the month.	8km
13-Jul	(400m, 400m, 400m) (400m, 400m, 300m) (400m, 400m, 200m) 1min rec between reps, lap/4mins between sets	This session can be extended for anyone wanting some more mileage, Aim is sub 5km pace/mile pace throughout, should be looking to create fatigue at effort, short recovery after reps with generous recovery between sets	3.3km
20-Jul	2 x 1k, lap/4mins between reps 6 x 400m, 1 min between reps 4 x 400m, 1 min between reps 4 x 200m, 1min 30 between reps ap/4mins between sets	Mid distance session, looking to work at 5km through the session. Declining distance to encourage an increase in pace and a changing of gears.	6.8km
27-Jul	3 sets of 600m/400m/200m 1min 30 rec between reps, lap/4mins between sets	This session can be extended for anyone wanting some more mileage, Aim is sub 5km pace/mile pace throughout, with a generous recovery.	3.6km
03-Aug	2k tempo, lap/4mins rec 1k harder, lap/4mins rec 3 x 400m, 1min 30 between reps, lap/4mins rec between sets 800m harder, lap/4mins rec 3 x 400m, 1min 30 between reps, lap/4mins rec between sets 2k tempo	Start to a new month, big volume session - laying foundations for speedier sessions later in the month -	8.2km
10-Aug	800m, 5 x 300m, 800m, 5 x 300m 800m 1min 300m between reps, lap/4mins rec between sets	Aiming to run 800s consistently at a decent pace, under 5km effort. This sort of pace variance will create a build up of lactate with faster 300s making the last 800m feel like an effort. Races are never run at one pace.	5.4km
17-Aug	2 sets of 10 x 300m 1min between reps, lap/4 mins rec between sets	A classic short speedy session, designed to build lactate threshold and towards the end of the session have you working hard	6km
24-Aug	1km, lap/4mins rec 600m,500m,400m - 1min 30, 1min 15, rec reps, lap/4mins between sets 1km, lap/4mins rec 600m,500m,400m - 1min 30, 1min 15, rec reps, lap/4mins between sets 3 x 300m, 1min between reps, 2 laps/8 mins rec between sets 1km effort	Looking to run a tough session with variable pace, the last 1km rep with a generous 8min recovery beforehand should be run at effort pace	6.3km
31-Aug	6 x 800, 1min 20 rec after reps, lap/4mins between sets 4 x 400, 1min rec after reps, lap/4mins between sets 4 x 300, 1min rec after reps, lap/4mins between sets 4 x 200 1min rec after reps, lap/4mins between sets	Long session to end the month, starting to turn the head towards building volume for XC season, while still working at variable pace.	8.4km