

Date	Session	Aim
8 June 2022	800m warm up plus drills Pyramid 800m / 1200m / 1600m / 2000m / 1600m / 1200m / 800m, 400m jog recovery 800m cool down then stretching Marathon Training Option: 1200m warm up plus drills 8-12x 400m/1 lap at 5k pace 400m jog recovery 1200m-2k cool down then stretching	Stamina and pacing
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 Marathon Training Option: 1200m warm up plus drills 6-8x 600m/1.5 laps at 5k/10k pace 400m jog recovery 1200m-2k 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 Marathon Training Option: 1200m warm up plus drills 4-6x 800m/2 laps at 5k/10k pace 400m jog recovery 1200m-2k 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 Marathon Training Option: 1200m warm up plus drills 3-5x 1000m/2.5 laps at 5k/10k pace 400m jog recovery 1200m-2k cool down then stretching	Stamina

6 July 2022	<p>1200m warm up plus drills 12x 400m at target 5k pace 400m jog recovery 800m cool down then stretching</p> <p>Marathon Training Option: 1200m warm up plus drills 4-6x 1200m/3 laps at 5k/10k pace 400m jog recovery 1200m-2k cool down then stretching</p>	aerobic fitness
13 July 2022	<p>800m warm up plus drills 8 x 400m, 200m recovery 8 x 200m, 100m recovery 800m cool down then stretching</p> <p>Marathon Training Option: 1200m warm up plus drills 2-3x 1600m/2.5 at target 5k pace 800m jog recovery 800m-2k cool down then stretching</p>	aerobic & anaerobic fitness
20 July 2022	<p>800m warm up plus drills 2 laps, 1.5 laps, 1 lap with last 100m <i>faster</i> 700m fast, 100m faster (400m rec) x3-4 500m fast, 100m faster (300m rec) x3-4 300m fast, 100m faster (200m rec) x3-4 800m cool down then stretching</p> <p>Marathon Training Option: 1200m warm up plus drills 2-4x 1200m/3 laps at target 5k pace 400m jog recovery 800m cool down then stretching</p>	aerobic fitness & endurance
27 July 2022	<p>800m warm up plus drills 8-12 x (500m fast, 100m <i>faster</i>) 200m easy jog recoveries 1k to finish 800m cool down then stretching</p> <p>Marathon Training Option: 1200m warm up plus drills 3-5x 1k/2.5 laps at target 5k pace 400m jog recovery 800m cool down then stretching</p>	aerobic fitness & endurance
3 Aug 2022	<p>800m warm up plus drills Pyramid: 200, 600, 1000, 1400, 1000, 600, 200 each with a 200m jog recovery</p>	aerobic fitness & endurance

	<p>Marathon Training Option: 1200m warm up plus drills 4-6x 800m/2 laps at target 5k pace 400m jog recovery 800m cool down then stretching</p>	
10 Aug 2022	<p>800m warm up plus drills 8 x 5 mins (start 2 min recovery, each rep 5 secs less recovery 800m cool down then stretching</p> <p>Marathon Training Option: 1200m warm up plus drills 4-6x 1600m/4 laps at Marathon pace/MP-10s 400m jog recovery 1200m-2k cool down then stretching</p>	
17 Aug 2022	<p>800m warm up plus drills Run for the session: 600m fast, 200m slow, 200m fast, 200m slow. 800m cool down then stretching</p> <p>Marathon Training Option: 1200m warm up plus drills 3-4x 1.5miles/2.4km/6 laps at Marathon pace/MP-10s 400m jog recovery 1200m-2k cool down then stretching</p>	anaerobic fitness, and lactate recovery
24 Aug 2022	<p>800m warm up plus drills At 5k/10k pace Run as far as you can in 5mins, 2mins recovery Repeat 5mins/2mins 800m cool down then stretching</p> <p>Marathon Training Option: 1200m warm up plus drills 3x 2miles/3.2km/8 laps at Marathon pace/MP-10s 800m jog recovery 1200m-2k cool down then stretching</p>	anaerobic fitness, and lactate recovery
31 Aug 2022	<p>800m warm up plus drills Time pyramids: 1 min, 2 min, 3 min, 4 min, 5min, 6min, 5min, 4 min, 3 min, 2 min, 1 min, recovery is half rep time 800m cool down then stretching</p>	anaerobic fitness

	<p>Marathon Training Option: 1200m warm up plus drills 2x 3miles/4.8km/12 laps at Marathon pace/MP-10s 800m-1.2k jog recovery 1200m-2k cool down then stretching</p>	
7 Sep 2022	<p>800m warm up plus drills at 10k pace 2 laps, 1.5 laps, 1 lap with last 100m <i>faster</i> 700m fast, 100m faster (400m rec) x3-4 500m fast, 100m faster (300m rec) x3-4 300m fast, 100m faster (200m rec) x3-4 800m cool down then stretching</p> <p>Marathon Training Option: 1200m warm up plus drills 2-3x 2miles/3.2km/8 laps at Marathon pace/MP-10secs 800m jog recovery 1200m-2k cool down then stretching</p>	Tempo session
14 Sep 2022	<p>800m warm up plus drills 6 x 5mins at 5k pace (2 min recovery) 800m cool down then stretching</p> <p>Marathon Training Option: 1200m warm up plus drills 2-4x 2.4km (6 laps) at Marathon pace/MP-10secs 800m jog recovery 1200m-2k cool down then stretching</p>	5k pace session
21 Sep 2022	<p>800m warm up plus drills 16 x 400m (350 fast, 50 faster) 200m recovery 800m cool down then stretching</p> <p>Marathon Training Option: 1200m warm up plus drills 4-6x 1600m (4 laps) at Marathon pace/MP-10secs 400m jog recovery 1200m-2k cool down then stretching</p>	Anaerobic/speed
28 Sep 2022	<p>800m warm up plus drills 8-12x 600M (500 fast. 100 faster) 200m recovery 800m cool down then stretching</p> <p>Marathon Training Option: 1 hour easy then stretching</p>	Anaerobic/speed

