

Track sessions for Winter – with Jamie Smith

Aimed at building aerobic/endurance capacity while making sure not to neglect speed/anaerobic work, this will be through using multi-paced session. Most of the sessions will be looking to create pre-fatigue in the legs before doing any speed work.

The peaks within the training load is flowing in line with the competitions, that the club takes part in and other known popular races.

Wednesday, August 31, 2022	Recovery	Saturday, September 3, 2021	Sunday, September 4, 2022
6x 800, 3 x 400/300/200 Total Reps - 7,500 m	Between the 800s - 1min 20 Between sets - 4 mins Between - 4/3/2 1 min		Overton 5mile Vitality Big Half
Wednesday, September 7, 2022	Recovery	Saturday, September 10, 2022	Sunday, September 11, 2022
5 x 200 5 x 1km 5 x 200 Total Reps - 7,000 m	Between the 200's 1min Between the 1kms 1min 40 Between sets 3 mins		
Wednesday, September 14, 2022	Recovery	Saturday, September 17, 2022	Sunday, September 18, 2022
300, 600, 900, 1,200, 1200, 900, 600, 300 4 X 200m Total Reps - 6,800 m	Between pyramid reps 1min30 Between 200s 1min Between sets 3 mins		Hill grass session - Prospect Park AM Marlow 10k
Wednesday, September 21, 2022	Recovery	Saturday, September 24, 2022	Sunday, September 25, 2022
2km, 2 sets 5 x 300 Total Reps - 5,000m	After 2k - 3 mins Between 300's 1 min Between sets 3 mins	Southern Road Relays - Aldershot	Cross country taster session
Wednesday, September 28, 2022	Recovery	Saturday, October 1, 2022	Sunday, October 2, 2022
2k, 1k, 6 x 600/200 Total Reps - 7,800m	After 2k - 3 mins After 1K - 3mins After 600 - 30 secs, then after 200 - 1min 30		London Marathon Dorney half marathon
Wednesday, October 5, 2022	Recovery	Saturday, October 8, 2022	Sunday, October 9, 2022
2k/600s 2k primer 8/10 x 600m Total Reps - 8,000 m	After 2km -3 mins Between 600's 1min 30	National Road relays	TVXC Metros

Wednesday, October 12, 2022	Recovery	Saturday, October 15, 2022	Sunday, October 16, 2022
4 X 1,600m 4 X 400m Total Reps - 8,000 m	Between 1,600's - 2 mins Between 400's - 1 min		Cabbage patch 10-mile race
Wednesday, October 19, 2022	Recovery	Saturday, October 22, 2022	Sunday, October 23, 2022
1 X 1km 5 X 400m 1 X 1km 5 X 400m 5 X 200m Total Reps - 7,000 m	Between sets - 2 mins 30 Between 400s - 1 min Between 200s - 1 min	Southern XC relays - Wormwood scrubs	
Wednesday, October 26, 2022	Recovery	Saturday, October 29, 2022	Sunday, October 30, 2022
1 X 1600m 2 X 1200m 3 X 800m 4 X 500m Total Reps - 8,400 m	Between sets - 2 mins Between 1,200's - 2 mins Between 800s - 1min 20 Between 500s - 1 min 20		TVXC - Ashenbury park
Wednesday, November 2, 2022	Recovery	Saturday, November 5, 2022	Sunday, November 6, 2022
3 x 1km 3 x 800 3 x 400 3 x 200 Total Reps - 7,200 m	Between sets - 2min 30 Between 1000s - 1min 30 Between 800s - 1min 20 Between 400s - 1min 10 Between 200s - 1min		
Wednesday, November 9, 2022	Recovery	Saturday, November 12, 2022	Sunday, November 13, 2022
1 x 2,000 8 x 400 Total Reps - 5,200 m	After the 2km - 3mins Between the 400s - 1min 30	Hampshire XC - Aldershot	TVXC - Datchet
Wednesday, November 16, 2022	Recovery	Saturday, November 19, 2022	Sunday, November 20, 2022
3 x 1km 2 x 1km 1 x 1km 5 x 200 Total Reps - 7,000 m	Between sets - 2 min 30 Between 1kms - 1 min 30 Between 200's - 1 min		BBO XC - Newbury

Wednesday, November 23, 2022	Recovery	Saturday, November 26, 2022	Sunday, November 27, 2022
1 x 3,000m 3x5x300 Total Reps - 7,500 m	After the 3km - 4 mins Between the 300s - 1min Between the sets - 3 mins		TVXC - Sandhurst
Wednesday, November 30, 2022	Recovery	Saturday, December 3, 2022	Sunday, December 4, 2022
4 sets of 800, 600, 400 Total Reps - 7,200 m	Between sets - 3 mins Between reps - 1min 20	Hampshire XC - Bournemouth	
Wednesday, December 7, 2022	Recovery	Saturday, December 10, 2022	Sunday, December 11, 2022
2 sets 7 x 400 1 x 200 Total Reps - 6,000 m	Between sets - 4 mins Between reps - 1 min	Masters XC - Horspath	TVXC - Marlow
Wednesday, December 14, 2022	Recovery	Saturday, December 17, 2022	Sunday, December 18, 2022
Split 8's - 10 x 800m Total Reps - 8,000 m	Alternating recoveries of 45 secs and 1 min 30		Berkshire XC champs
Wednesday, December 21, 2022	Recovery	Saturday, December 24, 2022, Sunday, December 25, 2022	Monday, December 26, 2022
5km effort 5 x 200m Total Reps - 6,000 m	After 5km - 5 mins Between 200's - 1 min	Happy Christmas :-)	Boxing day hill session - Prospect Park AM