

Track schedule 17 June – 19 August 2011

Main sessions should follow warm up of around 15 mins of easy laps, drills and raising heart rate

Date	Main session	Aim / Notes	Coach
17 June	1,000m / 800m / 600m (jog back to start, 1.30-2 min recovery btw intervals). Repeat the other way:- 600m / 800m / 1,000m ((jog back to start, 1.30-2 min recovery btw intervals)	Speed endurance. Maintain consistent pacing throughout efforts.	Mandy
24 June*	3 x 1000m / 2 x 800m / 1 x 400m Jog/walk back to start between efforts (1.30 – 2min recovery)	Pacing / endurance 1,000m – half marathon pace 800m – 10K pace 400m – 5 K pace	Amanda
1 July	1x6mins (3 mins rest), 6 x3 mins	Speed endurance Six mins hard as possible. Measure where got to. Regroup and recover. Aim to run the 3 min efforts at same pace. You are running half the distance but should get to the same point as at the end of the 6min effort.	Amanda
8 July	1600 (2min rest) /1200 (1.30min rest) /800 (1 min rest) /400 (30 sec rest)/ 800 (1 min rest) /1200 (1.30 min res) /1600	Speed endurance - change of pace. Start at 10K pace, run each interval faster. Should be noticeable difference in pace between 1600 and 400.	Lee
15 July	6 x 800m (or 4 x 800m) 1 – 2 mins rest between efforts	Speed endurance. Helps build and maintain pace.	Simon

22 July	6x3mins, 15 secs – last 15 secs is a sprint (2 mins rest)	Speed endurance – 15 secs sprint will help to keep going at the end of a race	Andy
29 July	20 mins continuous running – 400 hard, 200 easy, 200 steady/400 hard etc.	Speed endurance – pacing. Important for there to be noticeable difference between the three paces	Mandy
5 August	5 x 1,000m (2-3min recover)	Speed endurance	Amanda
12 August	1 x mile at half marathon pace (1min 30 rest) / 4 x 800m at half marathon pace (1 min rest between efforts)	Pacing – aim to maintain half marathon pace, no quicker!	Simon
19 Aug	1x6mins (3 mins rest), 6 x3 mins	Speed endurance Six mins hard as possible. Measure where got to. Regroup and recover. Aim to run the 3 min efforts at same pace. You are running half the distance but should get to the same point as at the end of the 6min effort.	Andy

Each session works out about 5K effort.

*Session before Cotswold Way Relay – check who attending