

Date	Session	Coach	Description
Tuesday 3rd Dec	3 month increasing distance	Shaun	3 x 1600m then 3 x 1200m / 1:30 recovery. Total distance = 8.4km
Wednesday 4th Dec	XC Workout Fartlek Hill workout	Stephen	Find a good loop around Primrose Hill, with long uphill section (coaches discretion) Warm up including strides 4 x 5 mins at varying pace. Base pace = 10k, but at coaches direction, randomly include 3 x 45 sec at 5k pace and 3 x 15 sec at 1 mile pace Cool down
Thursday 5th Dec	Decending intervals	Adam	Warm up and strides 4 x 800m/ 1 min recovery. 6 x 400m / 45 sec recovery. Total distance = 5.6km
Tuesday 10th Dec	3 month increasing distance	Shaun	(3 x 1200m then 1 x 800m) x 2/ 1:30 recovery between reps/2 minutes between sets. Total distance = 8.8km
Wednesday 11th Dec	Flat interval pyramid workout	Sonja	*Flat triangle* Long Warm up - including strides 5 x 3 minutes, with paces increasing first 3 intervals, then decreasing the last 2 intervals (ie 1st 7 out of 10 (10k pace)/ 2nd 8 out of 10 (5k pace)/ 3rd 9 out of 10 (faster than 5k)/ 4th 8 out of 10 (5k pace) 1 minute recovery between each
Thursday 12th Dec	Decending rest intervals	Callan	Warm up and strides 14 x 400m. Intervals 1-7 = 1 minute static recovery. Intervals 8-14 = 30 seconds static recovery. Total distance = 5.6km
Tuesday 17th Dec	3 month increasing distance	Dom	9 x 1000m/ 1:30 min active recovery back to start. Total distance = 9.0km
Wednesday 18th Dec	Flat decreasing distance	Katie	*Flat triangle* Long Warm up - including strides Decease the time for each interval, starting at 5 minutes. (ie 5 min, 4 min, 3 min ...) 1 minute recovery between each.
Thursday 19th Dec	Special Session with Kevin Quinn	Kevin Quinn	Threshold/VO2 max workout