

Date	Session	Coach	Description
Tuesday 4th	Short interval repeats	Shaun	16 x 400m - 1 min recovery between reps. Pace = 1 mile pace. Total distance: 6.4km
Wednesday 5th	Steady short intervals	Katie Adam	*Primrose Hill and flat triangle* Warm up and drills 5 mins running on Primrose Hill loop (with 1 minute walking recovery between intervals) at faster than 10k pace (6-7 out of 10 effort) 2 mins rest and then on a flat loop run; 10 x 90 secs @ 5k pace (8 out of 10 effort - 45 secs walking active recovery between intervals) Warm down
Thursday 6th	Short interval repeats	Callan	16 x 400m/ recovery 45sec, 2-3 min recovery after rep number 8. Total distance = 6.4km
Tuesday 11th	Distance intervals	Shaun	4 x 1200m then 4 x 1000m/ 1:30 min recovery for 1200m, 1:30 active recovery back to start for 1000s. Total distance = 8.8km
Wednesday 12th	Speed work	Sonja James	*Flat triangle* 8 x 1:30 at faster than 5km, 45 seconds recovery 2 mintues rest then repeat.
Thursday 13th	Distance intervals	Adam	3 x 1200m then 4 x 800m/ 1:30 recovery for 1200m, 1 min recovery for 800m. Total distance = 6.8km
Tuesday 18th	Distance intervals	Dom	4 x 1200m then 4 x 1000m/ 1:30 min recovery for 1200m, 1:30 active recovery back to start for 1000s. Total distance = 8.8km
Wednesday 19th	Decreasing flat intervals	Chefo Adrian	*Flat triangle* Warm up and drills Decreasing intervals 4min/3 min/2 min/1 min x 3 - 30 sec recovery between reps/2 min recovery between sets. Pace = increase pace as distance shortens. (Start faster than 10km and work up from there)
Thursday 20th	Kevin Quinn special session	Kevin Q	Kevin Quinn special session
Tuesday 25th	Distance intervals	Stephen	3 x 1600m then 3 x 1200m / 1:30 recovery. Total distance = 8.4km
Wednesday 26th	Steady short intervals	Robert James	*Primrose Hill and flat triangle* Warm up and drills 5 mins running on Primrose Hill loop (with 1 minute walking recovery between intervals) at faster than 10k pace (6-7 out of 10 effort) 2 mins rest and then on a flat loop run; 10 x 90 secs @ 5k pace (8 out of 10 effort - 45 secs walking active recovery between intervals) Warm down
Thursday 27th	Decreasing intervals	Leon	Decreasing intervals 800m/400m/200m x 5 - 1 min recovery between reps/2 min recovery between sets. Pace = increase pace as distance shortens. Total distance = 7km