

Date	Session	Coach	Description
Tuesday 4th	Distance intervals	<b>Dom</b>	4 x 1200 then 4 x 800m/ 1:30 recovery for 1200m, 1 min recovery for 800m. Total distance = 8.0km
Wednesday 5th	Elevated effort intervals	<b>Katie Sonja</b>	(Use both flat section and hill) Warm up with drills 10 minutes at 10k effort (7 out of 10) around flat lit triangle path - 2 minute recovery 4 x 30 seconds uphill at max effort ... active recovery back down 10 minutes at 10k effort around flat lit triangle path
Thursday 6th	Assessment check up	<b>Matt S-H</b>	Assessment check up: Long warm up (minimum 10 minutes). Then assess the following: 1 x 1600m, 1 x 1200m, 1 x 800m, 1 x 400m. Note the time of each interval and compare to 7th Jan times. New athletes will be assessed at this time. Cards will be given to each athlete to note their times.
Tuesday 11th	Distance intervals	<b>Shaun</b>	4 x 1200 then 4 x 800m/ 1:30 recovery for 1200m, 1 min recovery for 800m. Total distance = 8.0km
Wednesday 12th	Hill loop and flat elevated effort	<b>James Robert</b>	*Primrose Hill and flat triangle* Warm up and drills 2 x 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 13th	Distance Intervals	<b>Adam</b>	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	<b>Shaun</b>	9 x 1000m/ 1:30 min active recovery back to start. Total distance = 9.0km
Wednesday 19th	Two group increasing intervals and hill sprints	<b>Shane Katie</b>	(Use both flat section and hill - can be split into two groups if needed) Warm up with drills Part 1 (flat triangle): 10 minutes increasing effort, starting at slower than 10k pace (5 out of 10) and increasing at 2:00, 4:00, 6:00 & 8:00 (9 out of 10) around flat lit triangle path - 2 minute recovery Part 2 (Primrose hill loop) : 10 minutes loop of uphill at max effort ... slow active recovery down and around Warm down
Thursday 20th	Kevin Quinn Special	<b>Kevin</b>	*Kevin Quinn Special*
Tuesday 25th	Shorter distance intervals	<b>Robert</b>	10 x 800m/1 min recovery. Total distance = 8.0km
Wednesday 26th	Decreasing distance intervals	<b>Andrew Adam</b>	*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 27th	Shorter distance intervals with reducing recovery	<b>Adrian</b>	9 x 800m/ reps 1-4 1 min recovery, reps 5-9 40 sec recovery. Total distance = 7.2 km