

Date	Session	Coach	Description
Thursday 1st	Variety intervals	Adrian	4 x 400, 3 x 800, 4 x 400. All 1 minute recovery. Total distance = 6.4km
Tuesday 6th	Short speed intervals	Shaun	14 x 400m - 1 min recovery between reps 1-7, 45 sec between 8-14. Total distance: 5.6km
Wednesday 7th	One minute speed intervals	Katie Shane	*Regent's park track* Long Warm up - including strides 10 x 1 minute at mile pace (9 out of 10 effort) with 1 minute static recovery Cool down
Thursday 8th	Final Assessment	Matt S-H	Final Assessment: 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 13th	Middle distance intervals	Dom	8 x 800m/1 min recovery. Total distance = 6.4km
Wednesday 14th	Decreasing distance intervals	Robert D Adam	*Regent's park track* 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 15th	Middle distance intervals	Leon	2 x 1200m then 6 x 800m/ 1 min recovery for 800m, 2 min recovery for 1200m. Total distance = 7.2km
Tuesday 20th	Active distance intervals	Shaun	(5 x 700m with 100m slow recovery jog) x 2. 2:30 min recovery in between sets. Total distance = 7km
Wednesday 21st	Pyramid pacing	James H Katie	*Regent's Park Track* Warm up, including drills At 9 out of 10 pace, run the following: 30 seconds, 1 minute, 1:30, 2:00, 1:30, 1 minute, 30 seconds - 30 seconds recovery between each 2 minutes recovery Repeat pyramid Cool down back to centre
Thursday 22nd	Short speed intervals	Adam	14 x 400m - 1 min recovery between reps 1-7, 45 sec between 8-14. Total distance: 5.6km
Tuesday 27th	Middle distance intervals	Shaun	2 x 1200m then 6 x 800m/ 1 min recovery for 800m, 2 min recovery for 1200m. Total distance = 7.2km
Wednesday 28th	Fartlek Intervals	Shane Adrian	*Regent's Park Track* Long warm up including strides 2 x 10 mins at varying pace. Base pace = 10k (7 out of 10 effort), but at coaches direction, randomly include 3 x 45 sec at 5k pace (8 out of 10) and 3 x 15 sec at 1 mile pace (9 out of 10) Cool down
Thursday 29th	Active distance intervals	Andrew	(4 x 700m with 100m slow recovery jog) x 2. 2:30 min recovery in between sets. Total distance = 5.6 km