

Date	Session	Coach	Description
Tuesday 3rd	Short speed intervals	Stephen	14 x 400m - 1 min recovery between reps 1-7, 45 sec between 8-14. Total distance: 5.6km
Wednesday 4th	Two group increasing intervals and hill sprints	Robert	(Use both flat section and hill - can be split into two groups and done at the same time) 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 5th	Longer distance increasing speed intervals	Leon	2 x 1200m @ 10k pace ( 2 min recovery), 2 x 1200m @ 5k pace (2 mins recovery), 3 x 200m @ mile pace (30 secs recovery). Total distance = 5.4km
Tuesday 10th	Longer distance increasing speed intervals		4 x 1200m @ 5 mile pace (90 secs recovery), 2 x 1200m @ 5k pace (2 mins recovery), 3 x 200m @ mile pace (30 secs recovery). Total distance = 7.8km
Wednesday 11th	Decreasing distance intervals	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 12th	Short Speed intervals	Andrew	12 x 400m - 1 min recovery between reps 1-6, 45 sec between 7-12. Total distance: 4.8km
Tuesday 17th	Short Speed intervals	Stephen	14 x 400m - 1 min recovery between reps 1-6, 45 sec between 7-12. Total distance: 5.6km
Wednesday 18th	Pyramid pacing	Matt S-H	*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 19th	Kevin Quinn Special	Kevin Q	Special session by Kevin Quinn
Tuesday 24th	Varying distance intervals	Dom	(1200m then 3 x 800m) x 2. 2 min recovery for 1200, 1 min recovery for 800m. Total distance: 6.4km
Wednesday 25th	Fartlek Intervals	Katie	*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 26th	Decreasing distance intervals	Shane	1200m, 4 x 800m then 6 x 400. 2 minute recovery 1200m, 1 minute recovery 800m, 30 seconds for 400m. Total distance: 6.8km