

Date	Session	Coach	Description
Tuesday 1st	Short distance intervals	Stephen	12 x 400m - 1 min recovery between reps 1-6, 45 sec between 7-12. Total distance: 4.8km
Wednesday 2nd	Flat interval shuttles	James H	*Regent's Park Track* Warm up & technique drills 5 minutes running elevated effort (5-6 out of 10) (If group is large, split it group up into different start points of the track for this next part) 10 minutes of shuttles (30 seconds sprint (10 out of 10 effort)/ 30 seconds slow) 2 minutes recovery 8 minutes of shuttles (20 seconds sprint (10 out of 10 effort)/20 seconds slow)(
Wednesday 2nd*	Women's 10k programme	Adam	*Programme provided by Alex Carrington*
Thursday 3rd	Variety distance intervals	Robert Dufton	4 x 800m followed by 6 x 400. 1 minute recovery between 800m, 30 seconds for 400m. Total distance: 5.6km
Tuesday 8th	Middle distance intervals	??	5 x 1200m @ 5k pace, 2 mins recovery, followed by 5 x 300m @ 3k pace (100m jog). Total distance: 7.5km
Wednesday 9th	Variety speed intervals	Jack	*Regent's park track* Warm up and technique drills 2 min at 5km pace (8 out of 10 effort) - 1 minute static recovery 1 minute at 1 mile pace (9 out of 10 effort) - 1 minute static recovery Repeat x 5 (6 times in total - 18 minutes of running) - extra recovery & regroup halfway through workout Cool down
Wednesday 9th*	Women's 10k programme	Steph McGall	Special session by Steph McGall
Thursday 10th	Short distance intervals	Dom	13 x 400m - 1 min recovery between reps 1-6, 45 sec between 7-12. Total distance: 5.2km
Tuesday 15th	Kangaroo Hop 5k	N/A	No track ... kangaroo hop 5k (Club champs)
Wednesday 16th	Decreasing distance intervals	James H	Warm up and drills Decreasing intervals 4min/3 min/2 min/1 min x 2 - 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)
Wednesday 16th *	Women's 10k programme	Matt S-H	*Programme provided by Alex Carrington*
Thursday 17th	Kevin Quinn Special	Kevin Q.	Special session by Kevin Quinn
Tuesday 22nd	Middle distance intervals	??	4 x 800m followed by 6 x 400. 1 minute recovery between 800m, 30 seconds for 400m. Total distance: 5.6km
Wednesday 23rd	Pyramid Intervals	Adrian	*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
Wednesday 23rd*	Women's 10k programme	Katie	*Programme provided by Alex Carrington*
Thursday 24th	Variety distance intervals	Leon	(2 x 800m then 3 x 400m) x 2/ 1 recovery between reps/2 minutes between sets. Total distance = 5.6km
Tuesday 29th	Battersea 1 mile relay (Club champs)	N/A	No track ... Battersea 1 mile relay (Club champs)
Wednesday 30th	Uphill intervals	Jack	*Primrose Hill* Long Warm up - including strides 5 minute flat loop at gentle pace 30 seconds uphill sprint with 1 min walking downhill recovery x 8 2 minute static recovery then repeat uphill/downhill (16 times in total)
Wednesday 30th*	Women's 10k programme	??	*Programme provided by Alex Carrington*
Thursday 31st	Middle distance intervals with active recovery	Adrian	(4 x 700m with 100m slow recovery jog) x 2. 2:30 min recovery in between sets Total distance = 5.6km