

Track sessions at Carn Brea Leisure Centre for 7pm start.

Interval sessions for the forthcoming 12 weeks.

Please note; ability groups will be available.

Week	Session	Total Distance
1	22 x 200 metres	4400
2	15 x 300 metres	4500
3	11 x 400 metres	4400
4	6 x 800 metres	4800
5	200, 300, 400, 600, 800 pyramid	4600
6	2 x 1 mile + 1 mile fast	4800
7	22 x 200 metres	4400
8	15 x 300 metres	4500
9	11 x 400 metres	4400
10	6 x 800 metres	4800
11	200, 300, 400, 600, 800 pyramid	4600
12	2 x 1 mile + 1 mile fast	4800

Although the total distance covered is the same for week 7 to 12 as it is for week 1 to 6. The twist is your expected recovery.

To develop your running fitness and speed the key ingredient will be the recoveries I'll set per group. Please make sure you are fit i.e., not injured when attempting these sessions.

Simon Grose

Head Coach