

Tuesday Training: February-March 2010

Date	Main session - (possible extension)	Comment	Junior	After	Suggested second session for the week
09-Feb	* 6* 800m (1 lap jog in around 2 mins) * ext: 8* 800m	3-5K pace: aiming for quality	5 * 800m (slow lap jog in between)	6 * 60m	2* 10 min tempo
16-Feb	5 * 5 mins (1 min recovery) Ext: 6 * 5 mins	Threshold pace	3 or 4 * 5 mins (1 min recovery)	30m 'Ramps' on the steep grass at side of track (need spikes)	6* 2 mins, steady 5 mins, 6* 1 min
23-Feb	16 * 400m (45s recovery) Ext: 20* 400m	5K pace, active recovery	12 * 400m (45 s recovery)	30,40,50,60,70,80m	20 mins tempo
02-Mar	8 * 3 mins (90s recovery) Ext: 10 * 3 mins	10K pace	6 * 3 mins (75 s recover)	6x150m	2 * 15 min tempo
09-Mar	4 * 2 K (2 min recovery) Ext: 5 * 2K	10K pace	3 * 2 K	5x200	Steady run including 10 * 1 min efforts
16-Mar	2 sets of 15 * 200m (30s recovery): lap jog between sets Ext: additional 5-10 reps	3-5K pace	2 sets of 10 * 200m	6x60m	3 * 10 min tempo
23-Mar	20min, 4 min jog, then 3 * 5 mins with 2 min jog Ext: 20 minutes then 4* 5 mins	Threshold, then 10 K pace	15 min then 2 * 5 min.	30m 'Ramps' on the steep grass at side of track (need spikes)	6 * 2 mins, steady 5 mins, then 6 * 1 min
30-Mar	10 * 2 mins (1 min recovery) Ext: 12 * 2 mins	5K pace	8 * 2 mins	30,40,50,60,70,80m	2 * 15 min tempo

Tempo pace = 10 mile race pace or approx 30 secs per mile slower than 5k pace.