

Tuesday Training: April 2011

Training is now splitting into a session that is more focused on 1500 m (on the track) and one that focuses on 5K+ in terms of distance on some of the grass areas around the track.

The sessions can be adapted on the night for juniors as seems most appropriate to their training and racing needs.

Date	Middle distance session	Longer distance session
5 th April	6 * 200 m (30 s recovery), 1 lap jog, 4 * 300 m (1 min recovery), 1 lap recovery, 6 * 200 m (30 s recovery)	3 min, 6 min, 3 min, 6 min, 3min (90 s recovery after each rep)
12 th April	2 * 4 * 400m ((1 min between reps and 1 slow lap jog between sets).	6 * 4 mins (90 s recovery)
19 th April	6 * 200 m (30 s recovery), 1 lap jog, 2 * 600 m (90 s recovery), 1 lap recovery, 6 * 200 m (30 s recovery)	10 * cricket pitch (approx 550 m) - 90 s recovery. This is intended to be a quicker session.
26 th April	6 * 200 m (30 s recovery), 1 lap jog, 400 m (1 min recovery), 800 m (1 min recovery), 400 m (1 min recovery), 1 lap recovery, 6 * 200 m (30 s recovery)	8 * 3 minutes (90s)