

Tuesday Training: August 2010

Date	Middle distance session	Longer distance session
3 <sup>rd</sup> August	2 sets of (4*400 m) at 1500 m pace or quicker. 1 mins between efforts 2 lap jog between sets	2 * 1 min (30s recovery), 2 * 2 min (1 min), 2 * 3 min (90s recovery), , 2 * 2 min (1 min), 2 * 1 min (30s recovery)
10 <sup>th</sup> August	3 * 800 m at quicker than 1500m pace - 2 lap jog between sets	6 * 4 mins with 1 min recovery - tempo session
17 <sup>th</sup> August	6 * 200 m (30s recovery), jog 1 lap. 4 * 300 m (100m jog recovery), jog 1 lap 6 * 200 m (30s recovery)	2 * 5 mins with 90 s recovery, then 8 * 1 min with 1 min recovery
24 <sup>th</sup> August	1000 m at 1500 m pace, 1 min recovery then 300 m flat out. 2 lap jog Repeat 1000 m and 300m.	Parlauf - 3 person teams contesting a continuous relay.