

Tuesday Training: May/June 2010

Date	Session	Session for Juniors
18th May	6 * 200 (30 sec recovery) 1 lap jog 2* 1000 (2 min recovery) 1 lap jog 6 * 200 (30 sec recovery)	2 * 4 mins (2min recovery) 2 * 3 mins (90s) 2 * 2 mins (1min) 2 * 1 min (30s)
25th May	4 * 400 (1 min recovery, then 45s then 30s) 1 lap very slow jog Then repeat 4 * 400	4 * 5 mins (1 min recovery)
1st June	3 * 800 at race pace - 1 lap slow jog in between	4 * 1 min (1 min recovery) 4 * 2 min (90s recovery) 4 * 1 min (1 min recovery) Quicker session: 3K pace
8th June	6 * 200 (30s recovery) 1 lap jog 6 * 300 (jog 100m) 1 lap jog 6 * 200 (30s recovery)	10 * 2 mins (1 min recovery)