

Lesley / Mike's 'group' 2 Dec – 13 Jan (dates may differ depending on track closure over Christmas).

The following schedule is a progression that attempts to carry some shorter anaerobic, speed work through to longer 1 mile reps for more aerobic type training – in anticipation of half marathons and marathons in the spring. There is also a timed 800m and 1 mile to look forward to for personal benchmarking.

Guide times will be given but, as always, the speed and number of reps to be completed is at the discretion of the athlete, taking account of current fitness, niggles, and where they are in their training cycle. I, Lesley and others can give advice on this if unsure. Certainly, pace and distance should be reduced if following an important race the previous weekend. Similarly, the session before an important race should just be for 'maintenance', and no reps need to be faster than planned race pace.

The following are long sessions; this is good for endurance, and also means that for those that want it, most use is made of the track on Wednesdays – understandable if the alternative is miles on busy roads in the wet and dark. However, 8k to 10k at speed is a significant effort and finishing earlier is perfectly acceptable – I would just advise that you always finish with a 800m jog cool down and some gentle stretching to maintain flexibility.

For those doing all the reps, normal rules apply – neither of the first two reps can be the fastest, and neither of the last two reps can be the slowest; within this constraint the aim is for near constant rep pace over the entire session.

Kind regards

Mike

2 Dec	<p>800m warm up plus drills 1 k at 10k pace, then 400m jog recovery 5 x (400m, 45 sec recovery) then 400m jog recovery 5 x (400m, 45 sec recovery) then 400m jog recovery 5 x (400m, 45 sec recovery) then 400m jog recovery 1 k at 10k pace, 800m cool down then stretching</p> <p>Distance at speed 8k Total distance 11.2k</p>	<p>Why: the 1ks are about pace judgement and aerobic fitness, and also the first makes sure you're fully warmed up before the faster 400s; the last 1k will test your endurance. The 400s are about leg speed and mostly anaerobic fitness, and lactate recovery</p>
9 Dec	<p>800m warm up plus drills 10 x (600m fast, 200m recovery, 200m fast, 200m recovery) 800m cool down then stretching</p> <p>Distance at speed 8k Total distance 13.6k</p>	<p>Why: The 600s extend the distance at speed from the 400s of the previous week; the 200s are specifically for anaerobic fitness and leg speed.</p>
16 Dec	<p>800m warm up plus drills 10 x (800m fast, 400m recovery) 800m cool down then stretching</p> <p>Distance at speed 8k Total distance 13.6k</p>	<p>Why: further extending the rep distance to 800m – will be 50:50 re aerobic:anaerobic fitness. This yasso session is often done so gives a bench mark to compare with previous months and schedules</p>
23 Dec	<p>800m warm up plus drills Timed 800m 400m recovery Pyramid: 200, 600, 1000, 1400, 1000, 600, 200 each with a 200m jog (80s) recovery 800m cool down then stretching</p> <p>Distance at speed 5.8k (its Christmas) Total distance 7.8k</p>	<p>Why: the timed 800m gives the closest evaluation of VOmax capability on the track, and you should be well up for it given the sessions of the previous three weeks. The pyramid starts easy as you recover from the 800, then starts pushing aerobic fitness</p>
6 Jan	<p>800m warm up plus drills 6 x (1600 fast, 400m recovery) 800m cool down then stretching</p> <p>Distance at speed 9.6k Total distance 13.6k</p>	<p>Why: Longest session in the schedule; mostly aerobic fitness, pace judgement, and endurance. A good marker of where you are re 10K and HM potential</p>
13 Jan	<p>800m warm up plus drills Timed mile (1609m) 400m recovery 8 x (200m faster, 200m slower) 4 x (1k fast, 200m recovery) 800m cool down then stretching</p> <p>Distance at speed 7.2k Total distance 11.2k</p>	<p>Why: Timed mile a good marker, together with pushing anaerobic + aerobic fitness to capacity. The 200m differentials to allow moderate recovery from the 1M. Finishing with four 1k to keep the endurance going.</p>