

Lesley's group

date	session	aim	coach	races
4 Jan	Timed 1 mile 5 x 1200m (400m rec) at 1 mile pace	Pace judgement and lactate.	LW	Goring Woodcote 10k Tadley xc
11 Jan	In 3's of near equal ability, 10 x 800m, 2 people running 1 resting for 1 lap.	Stamina and mental approach.	LW	Stubbington green.
18 Jan	6 x 600m fast (200m jog rec) 8 x 300m fast (100m jog rec)	Lactate tolerance.	LW	Bracknell xc
25 Jan	8 x 900m fast, 100m faster (200m very easy recovery) 4 x 100m (100m recovery)	Finishing speed	LW	Romsey 5m
1 Feb	2 x 800 m (400m rec) 16 x 400m off of 2 ½ mins	speed	LW	Chichester Priory 10k
8 Feb	Pyramid, 600m, 800m, 1000m, 800m, 600m,(200m between reps.) x2	Speed endurance	LW	Bramley 10/20
15 Feb	7 x 5min (2 min rec)	Pace judgement	LW	Wokingham 1/2
22 Feb	Timed 3k In 3's, 30mins 200m reps.	Hard work!	LW	Winchester 10k
29 Feb	[600m fast(100m jog) 300m fast (200m jog)] x 6	Controlled speed increases	LW	Paris 1/2m Goring 10k

Rep rules: Unless otherwise stated the aim is to do reps at even pace, but to 'help'

Rule 1. Neither of the first two reps should be your fastest, neither of the last two should be your slowest

Rule 2. If unsure about your fitness or race pace, its much better to start conservatively and get faster, rather than the other way round (or not finish the session)

Rule 3. If a niggle starts or gets worse during running, ignore rules 1 and 2, ease off, and if necessary jog, or stop – training sessions should never be counterproductive – listen to your body.

Some useful 400m splits:

5K race time	400m split	10K race time	400m split	10M race time	400m split
00:16:00	00:01:17	00:33:00	00:01:19	00:54:00	00:01:21
00:16:15	00:01:18	00:33:30	00:01:20	00:55:00	00:01:22
00:16:30	00:01:19	00:34:00	00:01:22	00:56:00	00:01:24
00:16:45	00:01:20	00:34:30	00:01:23	00:57:00	00:01:25
00:17:00	00:01:22	00:35:00	00:01:24	00:58:00	00:01:27
00:17:15	00:01:23	00:35:30	00:01:25	00:59:00	00:01:28
00:17:30	00:01:24	00:36:00	00:01:26	01:00:00	00:01:29
00:17:45	00:01:25	00:36:30	00:01:28	01:01:00	00:01:31
00:18:00	00:01:26	00:37:00	00:01:29	01:02:00	00:01:32
00:18:15	00:01:28	00:37:30	00:01:30	01:03:00	00:01:34
00:18:30	00:01:29	00:38:00	00:01:31	01:04:00	00:01:35
00:18:45	00:01:30	00:38:30	00:01:32	01:05:00	00:01:37
00:19:00	00:01:31	00:39:00	00:01:34	01:06:00	00:01:38
00:19:15	00:01:32	00:39:30	00:01:35	01:07:00	00:01:40
00:19:30	00:01:34	00:40:00	00:01:36	01:08:00	00:01:41
00:19:45	00:01:35	00:40:30	00:01:37	01:09:00	00:01:43
00:20:00	00:01:36	00:41:00	00:01:38	01:10:00	00:01:44
00:20:15	00:01:37	00:41:30	00:01:40	01:11:00	00:01:46
00:20:30	00:01:38	00:42:00	00:01:41	01:12:00	00:01:47