

Tracy and Michelle Training Schedule
January 2012

4 th Jan	800, 600, 200 3 or 4 sets of 800m, 600m, 200m 800m @ 5k pace (4 secs faster than 10k) slow 200m rec 600m @ 3k pace (8 secs faster than 10k) slow 200m rec 200m @ 1 mile pace (12 secs faster than 10k) 1 lap jog	8 th Jan TVXC Tadley
11 th Jan	Scorpion supersets (@ 10k pace with last 100m fast as you can) 4 x 700m with 100m rec along home straight 4 x 500m with 100m rec back around bend 4 x 300m with 100m rec along home straight 400m rec between sets 800m jog	14 th Jan Hampshire x country league @ Bournemouth
18 th Jan	Hills – Shepards Hill - RELECTIVE TOPS	22 nd Jan TVXC Bracknell
25 th Jan	6 reps of 5 mins @ 5K pace with 4 min recoveries between reps	

If you need to contact either of us our email address are :-
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