

WYMONDHAM ATHLETIC CLUB
SUMMER TRACK SESSIONS – HETHERSETT OLD HALL SCHOOL

Date	Lead Coach	Assistant Coach	Session
27 Apr 17	Dave	Terry	A
4 May 17	Andy	Mark	B
11 May 17	Terry	Karl	C
18 May 17	Mark	Cindy	D
25 May 17	Karl	Dave	E
1 Jun 17	Martin	Andy	F
8 Jun 17	Dave	Cassie	A
15 Jun 17	Andy	Karl	B
22 Jun 17	Terry	Martin	C
29 Jun 17	Mark	Dave	D
6 Jul 17	karl	Cassie	E
13 Jul 17	Martin	Terry	F
20 Jul 17	Dave	Cindy	A
27 Jul 17	Andy	Mark	B
3 Aug 17	Terry	Andy	C
10 Aug 17	Mark	Cassie	D
17 Aug 17	Karl	Martin	E
24 Aug 17	Dave	Cindy	F

Session A	Session B	Session C
<p>Coach led Dynamic Warm Up 10 mins Tempo warm up Fast Group members - 6 x 800m with 200m jog recovery Intermediate and Improvers - 5 x 800m with 200m jog recovery Development Group - 4 x 800m with 200m Jog recovery. All efforts at better than 5k pace</p> <p>2 sets of 3 min 200m Paarluf</p> <p>Recovery run and warm down stretch</p>	<p>Coach Led dynamic warm up 15 min increasing pace tempo run</p> <p>400m fast with 200m jog recovery for 25 mins</p> <p>Warm down and stretch</p>	<p>Coach Led dynamic warm up 10 min tempo run at 10km pace</p> <p>Pyramid Session: 2 x 1 min - 30 secs recovery between efforts 1 min recovery 2 x 2 min - 1 min recovery between efforts 90 secs recovery 2 x 3 min - 90 secs recovery between efforts 3 mins recovery 2 x 2 min -1 min recovery between efforts 90 secs recovery 2 x 1 min - 30 secs recovery between efforts Warm Down Recovery</p>
Session D	Session E	Session F
<p>Coach Led dynamic warm up 10 min tempo run at 10km pace</p> <p>Fast Group - 5 x 1km efforts with 2 min jog recovery</p> <p>Intermediate and Improvers Group - 4 x 1km efforts with 2 min Jog recovery</p> <p>Development Group - 3/4 x 1km efforts with 2 min jog recovery</p> <p>Warm Down recovery</p>	<p>Coach Led dynamic warm up 10 min tempo run at 10km pace</p> <p>2 x 4 mins with 90 sec recovery between efforts 2 min recovery</p> <p>4 x 2 min with 1 min recovery between efforts 2 min recovery</p> <p>6 x 1 min with 45 secs recovery</p> <p>Warm down recovery and stretch</p>	<p>Coach Led dynamic warm up 10 min tempo run at 10km pace</p> <p>400m fast with 150m jog recovery then 100m sprint then 2 mins recovery for 25 mins</p> <p>Warm down recovery and stretch</p>