

Mondays		Wednesdays (Not club session check who is running)		Saturdays (Not club session check who is running)	
4th June	2-3 mile warm-up, 12 x 90 secs at 5k goal race pace with 30 seconds rest, 1-2 mile cool down	6th June	1-2 easy followed by 5-6 mile tempo slightly slower than 10k pace. 2-3 easy	9th June	Easy 3 warm up + 8 min 5k tempo. 1 x 1500m, 1x 800, 1x400, 1x200, 1x100. All with 3-4 min recovery. 3 miles easy
11th June	2-3 easy followed by 12min out and back tempo. Increasing pace. Followed by 4x (2mins fast + 60 sec recovery, 1 min faster!) 2 min jog recovery between each set. 1-2 easy	13th June	Wroxham 5k	16th June	3 mile increasing pace warm up + strides. 1x1k @ 5k pace. 5 x 600m at goal 5k pace (with brisk 200m jog recovery. 3 mile cool down
18th June	3 miles easy followed by 1x1k, 2x800, 4x400, 4x200 all 75 sec recovery. followed by 3 easy cool down	20th June	2-3 easy followed by 4 mile tempo slightly quicker than 10k pace. 2-3 easy.	23rd June	3 mile warm up + strides, 10 x 400m 90 sec recovery. Finish with 1 x 600 fast. 3 miles cool down
25th June	Ed Burton 5 Miler. Use as tempo run	27th June	2-3 mile warm-up, 10 min @ target 5 k pace followed by 3x1k fast with 90 sec recovery. 1-2 mile cool down. Instead of Monday.	30th June	2-3 easy followed by 8 min tempo. 200 fast 200 easy. Keep rolling, no stopping. 2-3 easy.
2nd July	2-3 miles easy. 3 x 1 Mile at target 5k pace + 2 min jog recovery. Followed by 4 x 1 min for those not racing LM	4th July	Wroxham 5k	7th July	Lord Mayors 5k. you should all be racing!
9th July	2-3 mile warm-up, 5x 4 minutes fast. smash rep 4 as fast as you can, with 45 seconds rest, 1 x 800 meters as fast as you can, 1-2 mile cool down.	11th July	1-2 easy followed by 5-6 mile tempo slower than 10k pace. 2-3 easy	14th July	Easy 3 warm up + 8 min 5k tempo. 1 x 1500m, 1x 800, 1x400, 1x200, 1x100. All with 3-4 min recovery. 3 miles easy
16th July	2-3 mile warm-up, 2 miles at 5 mile pace goal race pace + 2 x 1 minute fast 60 sec recovery. Easy 5 min recovery. Repeat with next 2 miles quicker 1-2 mile cool down	18th July	10 Mile hilly tempo around High Oak. It's like the Norwich route without the traffic and drunks.	21st July	2-3 easy followed by 8 min tempo then Casino Royale 1 Dice. 2-3 easy
23rd July	2-3 easy followed by 12 x 90 secs + 60 sec recovery. 2-3 easy	25th July	1-2 easy followed by 5-6 mile tempo slightly slower than 10k pace. 2-3 easy	28th July	2-3 easy followed by 8 min tempo then 10x 300m fast with 90 sec recovery
30th July	Ed Burton 5 Miler	1st August	2-3 easy followed by 4 mile tempo slightly quicker than 10k pace. 2-3 easy.	4th August	2-3 easy followed by 8 x (400@ target 5k pace + 30 sec recovery, 200 fast + 75 sec recovery) 2-3 easy