

Advanced Group August Training	
Mondays	
6 th August	Tempo with increasing pace efforts - Warm up 2 miles followed by; 2 mile increasing pace tempo. Then 5,4,3,2,1 fast with 60 sec jog recovery. 2 miles cool down.
13 th August	Reducing Recovery + Pace Intervals - Warm up 2 miles followed by; 4x3mins + 90sec recovery, 4x2mins + 60 sec recovery, 4x1min +30 sec recovery
20 th August	Mile Efforts – warm up 2 miles followed by 4 x 1 Mile faster than 5k pace. 90 sec recovery 2-3 easy cool down
Wednesdays	
Tempo run 5-7 miles. Meet at Waitrose Wymondham 6.15pm	
Thursdays	
Hethersett Track Sessions 6.30pm	
Saturdays	
Long runs and some track sessions taking place. Chat on whatsapp group to get involved	