

Wymondham AC

Summer Track Training

Venue : Hethersett Old Hall School Grass Track

Start Time : 6.30 Arrival

Session End Time: 7.45pm (Max)

Date	Coach /Assistant Coach	Session Brief
25 Apr	Dave	Warm up, drills – 800m @5k pace with 200m jog recovery for 20mins – 5 min jog recovery, then 3 x 200m all out with 1min recovery – warm down
2nd May	Mark	Increasing tempo 12 mins, 600m @ faster than 5k with 200m slow jog – 25 mins
9th May	Andy P/ Cassie	??
16th May	Terry	2 laps warm up 15min of 200m, 1 x 800m 2 min recovery – repeat
23rd May	Ian /Terry ?	Warm up, drills, 800m @5k pace, 300m efforts 100m walk recovery 20mins, 1200m @5k (1600m faster runners) cool down
6th Jun	Paul Evans Session	Paul Evans – Target training
13th Jun	Karl	??
20th Jun	Katie / Dave?	Warm up, drills – 400m fast with 100m jog recovery then 200m fast – with 100m slow recovery for 25mins
27th Jun	Mark/ Zoe	Increasing tempo 12 mins, 3 x 6mins @5k with 2 min recovery, 2x 2min @ faster than 5k with 90 sec recovery, 2 x 1 min @ 1 mile pace with 90 sec recovery
4 th Jly	Cindy	Warm up, 12 min increasing pace tempo. Out and back pyramid 1,2,3,2,1 + 30 sec recovery x 2, flying 40's
11th Jly	Andrew L	?
18th Jly	Paul Evans Session	Paul Evans – Target training
25th Jly	Karl	?
1st Aug	Martin	Warm up, 10 mins tempo (5min HM pace then 5min at 10k) Strides then 10 x 90 sec at 5k 60 recovery, cool down 5 mins, recover 4 x 400m reducing recovery, cool down
8th Aug	Terry	2 lap warm up, 5min ½ marathon pace, 5 min 10k pace, 5 min 5k pace
15th Aug	Mark	Increasing tempo 12 mins. 4 sets of 1min – 1 min recovery, 2mins at 1mile pace with 1 min recovery between sets
22 nd Aug	Andy P	?

Track use may finish before the 22nd August - That has to be confirmed with the facilities manager