

Wymondham AC

Summer Track Training

Venue : Hethersett Old Hall School Grass Track

Start Time : 6.30 Arrival

Track session start time:

Session End Time: 7.45pm (Max)

Date	Coach	Assistant Coach	Session Brief
25 <sup>t</sup> 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
2 <sup>nd</sup> May	Mark		Increasing tempo 12 mins 600m @ faster than 5k with 200m slow jog – 25 mins
9 <sup>th</sup> May	Andy P/ Cassie		Tbc
16 <sup>th</sup> May	Terry		2 laps warm up 15min of 200m, 1 x 800m 2 min recov – repeat
23 <sup>rd</sup> May	Ian /Terry ?		Warm up, drills, 800m @5k pace, 300m efforts 100m walk recovery 20mins, 1200m @5k (1600m faster runners) cool down
30 <sup>th</sup> May	Karl		Session details to be confirmed by KC
6 <sup>th</sup> Jun	Paul Evans Session		Paul Evans – Target training
13 <sup>th</sup> Jun	Karl		Double Whammy -Tempo & Speed Combo Session
20 <sup>th</sup> Jun	Katie / Dave ?		Warm up, drills – 400m fast with 100m jog recovery then 200m fast – with 100m slow recovery for 25mins
27 <sup>th</sup> 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 <sup>th</sup> Jly	Cindy		Warm up, 12 min increasing pace tempo. Out and back pyramid 1,2,3,2,1 + 30 sec recovery. 2 x flying 400's
11 <sup>th</sup> Jly	Andrew L		12 min warm up increasing tempo, Out and back intervals 4min, 3min, 2min, 1min. Finish with coaches challenge 4 x 100m relay competition
18 <sup>th</sup> Jly	Paul Evans Session		Paul Evans – Target training
25 <sup>th</sup> Jly	Karl		Casino Royale –Speed endurance session. Efforts ranging from 100m-600m Let the dice decide
1 <sup>st</sup> 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
8 <sup>th</sup> Aug	Terry		2 lap warm up, 5min ½ marathon pace, 5 min 10k pace, 5 min 5k pace

15 <sup>th</sup> Aug	Mark		Increasing tempo 12 mins. 4 sets of 1min – 1 min recovery, 2mins at 1mile pace with 1 min recovery between sets
22 <sup>nd</sup> Aug	Andy P		
Track use may finish before the 22 <sup>nd</sup> August - That has to be confirmed with the facilities manager			