

Date	Session	Coach	Description
Tuesday 1st	Short distance intervals	Shaun	16 x 400m - 1 min recovery between reps. Pace = 1 mile pace. Total distance: 6.4km
Wednesday 2nd	Decreasing distance intervals	Katie	*Regent's park track* Warm up and drills Decreasing intervals 4min/3 min/2 min/1 min x 3 - 30 sec recovery between reps/2 min recovery between sets. Pace = increase pace as distance shortens. (Start faster than 10km and work up from there)
Thursday 3rd	Speed intervals with reducing recovery	Leon	10 x 800m/ reps 1-4 1 min recovery, reps 5-9 40 sec recovery. Total distance = 8 km
Tuesday 8th	Variety distance interval repeats	Stephen	(3 x 800m then 3 x 400m) x 2/ 1 recovery between reps/2 minutes between sets. Total distance = 7.2 km
Wednesday 9th	One minute speed intervals	Adam	*Regent's park track* Long Warm up - including strides 10 x 1 minute at mile pace (9 out of 10 effort) with 1 minute static recovery Cool down
Thursday 10th	Short distance intervals	Adrian	16 x 400m/ recovery 45sec, 2-3 min recovery after rep number 8. Total distance = 6.4km
Tuesday 15th	Middle distance intervals	Shaun	10 x 800m/1 min recovery. Total distance = 8.0km
Wednesday 16th	Two group increasing intervals and hill sprints	Matt S-H	(Use both flat section and hill - can be split into two groups and done at the same time) Warm up with drills Part 1 (flat triangle): 10 minutes increasing effort, starting at slower than 10k pace (5 out of 10) and increasing at 2:00, 4:00, 6:00 & 8:00 (9 out of 10) around flat lit triangle path - 2 minute recovery Part 2 (Primrose hill loop) : 10 minutes loop of uphill at max effort ... slow active recovery down and around Warm down
Thursday 17th	Kevin Quinn special session	Kevin	Kevin Quinn special session
Tuesday 22nd	Variety distance interval repeats	Dom	(3 x 800m then 3 x 400m) x 2/ 1 recovery between reps/2 minutes between sets. Total distance = 7.2 km
Wednesday 23rd	Interval Shuttles	Robert	*Regent's Park Track* Warm up & technique drills 5 minutes running elevated effort (5-6 out of 10) (If group is large, split it group up into different start points of the track for this next part) 10 minutes of shuttles (30 seconds sprint (10 out of 10 effort)/ 30 seconds slow) 2 minutes recovery 8 minutes of shuttles (20 seconds sprint (10 out of 10 effort)/ 20 seconds slow) Warm down
Thursday 24th	Long distance intervals	Chefo	4 x 1600m then 3 x 800m/ recovery 2 min for 1600, 1 min for 800. Total distance = 7.2
Tuesday 29th	Middle distance intervals	Shaun	10 x 800m/1 min recovery. Total distance = 8.0km
Wednesday 30th	Decreasing distance intervals	Shane	*Regent's park track* Warm up and drills Decreasing intervals 4min/3 min/2 min/1 min x 3 - 30 sec recovery between reps/2 min recovery between sets. Pace = increase pace as distance shortens. (Start faster than 10km and work up from there)