

Wednesday	Session 19.00 Start	Number	Recovery Seconds	Coach	Session Aim
20/09/2017	800/1200 Interval Session	1-2 ea.	120/150	Gary.M	Build strength, endurance and work lactic and aerobic threshold levels
27/09/2017	400/200/200 Interval Session	4-6	60/30/30	Martin.S	Improve lactic and aerobic threshold. Build up finishing speed.
04/10/2017	Hills - Level 1 & 2 Arnside Road Level 2 & 3 Hurstville Drive	7/8/9	Down	Gary.M	Build strength and stamina. Build confidence to attack hills.
11/10/2017	Time Trial #1	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
18/10/2017	500m Competitive	6-8	75	Steve.T	Improve lactic and aerobic threshold
25/10/2017	250m Interval Session	10-20	30	Kirsty.B	Exercise fast twitch muscle fibres. Improve race finishing kick.
01/11/2017	800m Negative Nelly	4-6	120	Martin.S	Improve speed endurance, practice pacing and improve aerobic threshold.
08/11/2017	Train Like Mo Farah 1600, 1200, 1000, 800, 600, 400, 200	1 Set	90 secs	Paul.W	Speed and stamina
15/11/2017	Hills - Level 1 & 2 Arnside Road Level 2 & 3 Hurstville Drive	7/8/9	Down	Peter.M	Build strength and stamina. Build confidence to attack hills.
22/11/2017	Time Trial #2	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
29/11/2017	600m Interval Session	4-8	90	Rory.H	Improve lactic and aerobic threshold
06/12/2017	1600m Interval Session	3-5	180	Angela.A	Build strength and speed endurance & practice pacing
13/12/2017	800m Negative Nelly	4-6	120	Gary.M	Improve speed endurance, practice pacing and improve aerobic threshold.
20/12/2017	Mince Pie Run - 400m Parlauff	6-10	Alternating Runner	Angela.A + Coaches	Burn off some calories before the Festive Season ☺ Run in pairs alternating the repetition.
27/12/2017	400/200/200 Interval Session	6-8	60/30/30	Martin.S	Improve lactic and aerobic threshold. Build up finishing speed.
03/01/2018	600m Competitive	4-8	75	Steve.T	Improve lactic and aerobic threshold
10/01/2018	Hills - Level 1 & 2 Arnside Road Level 2 & 3 Hurstville Drive	8/9/10	Down	Peter.M	Build strength and stamina. Build confidence to attack hills.
17/01/2018	Time Trial #3	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
24/01/2018	400/200/200 Interval Session	4-8	45/30/30	Paul.W	Improve lactic and aerobic threshold. Build up finishing speed.
31/01/2018	800m Negative Nelly	6-8	120	Angela.A	Improve speed endurance, practice pacing and improve aerobic threshold.
07/02/2018	Hills - Level 1 & 2 Arnside Road Level 2 & 3 Hurstville Drive	8/9/10	Down	Peter.M	Build strength and stamina. Build confidence to attack hills.
14/02/2018	Time Trial #4	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
21/02/2018	1600m Interval Session	3-5	180	Gary.M	Build strength and speed endurance & practice pacing
28/02/2018	500m Interval Session	8-10	60	Rory.H	Improve lactic and aerobic threshold
07/03/2018	Hills - Level 1 & 2 Arnside Road Level 2 & 3 Hurstville Drive	8/10/12	Down	Peter.M	Build strength and stamina. Build confidence to attack hills.
14/03/2018	Time Trial #5	5K		Julia.R	Sustained effort, race practice and use to monitor training progression.
21/03/2018	Train Like Mo Farah 1600, 1200, 1000, 800, 600, 400, 200	1 Set	90 secs	Paul.W	Speed and stamina
28/03/2018	250m Interval Session	10-20	30	Steve.T	Exercise fast twitch muscle fibres. Improve race finishing kick.