

Monday	Session 18.30 Start	Number	Recovery Seconds	Coach	Session Aim
18/09/2017	600m Interval Session	4-8	75	Steve.T	Improve lactic and aerobic threshold
25/09/2017	300m Interval Session	6-12	45	Paul.W	Sharpen speed and finishing kick
02/10/2017	250m Interval Session	10-20	30	Angela.A	Exercise fast twitch muscle fibres.
09/10/2017	800m Interval Session	4-6	120	Gary.M	Practice pacing and improve speed endurance Alternatively can be used as a recovery before TT
16/10/2017	Pyramid - Timed 1 min / 2 min / 3min / 2 min / 1min	1-2	60 / 120 / 180	Martin.S	Improve lactic and aerobic threshold
23/10/2017	1000m Interval Session	3-5	150	Kirsty.B	Build strength, endurance and work lactic and aerobic threshold levels
30/10/2017	400m Interval Session	6-10	60	Steve.T	Improve aerobic conditioning and running economy
06/11/2017	250m Interval Session	10-20	30	Angela.A	Exercise fast twitch muscle fibres.
13/11/2017	600m/300m/300m Interval Session	3-5	60/45/60	Martin.S	Improve lactic and aerobic threshold. Build up finishing speed.
20/11/2017	800m Interval Session	4-6	120	Gary.M	Practice pacing and improve speed endurance Alternatively can be used as a recovery before TT
27/11/2017	Pyramid - Timed 1 min / 2 min / 3min / 2 min / 1min	1-2	60 / 120 / 180	Paul.W	Improve lactic and aerobic threshold
04/12/2017	600m Interval Session	4-8	75	Rory.H	Build strength, endurance and work lactic and aerobic threshold levels
11/12/2017	300m Interval Session	6-12	45	Steve.T	Sharpen speed and finishing kick
18/12/2017	250m Interval Session	10-20	30	Julia.R	Exercise fast twitch muscle fibres.
25/12/2017	NO ORGANISED SESSION				
01/01/2018	400m Interval Session	8-12	60	Rory.H	Improve aerobic conditioning and running economy
08/01/2018	Pyramid - Timed 1 min / 2 min / 3min / 2 min / 1min	1-2	60 / 120 / 180	Angela.A	Improve lactic and aerobic threshold
15/01/2018	800m Interval Session	6-8	120	Gary.M	Practice pacing and improve speed endurance Alternatively can be used as a recovery before TT
22/01/2018	1000m Interval Session	4-6	120	Martin.S	Build strength, endurance and work lactic and aerobic threshold levels
29/01/2018	600m Interval Session	6-10	60	Rory.H	Build strength, endurance and work lactic and aerobic threshold levels
05/02/2018	400m Interval Session	10-14	45	Paul.W	Improve aerobic conditioning and running economy
12/02/2018	800m Interval Session	6-8	120	Gary.M	Practice pacing and improve speed endurance Alternatively can be used as a recovery before TT
19/02/2018	1200m Interval Session	3-5	150	Martin.S	Build strength, endurance.
26/02/2018	400m Interval Session	10-14	45	Steve.T	Improve aerobic conditioning and running economy
05/03/2018	1600m Interval Session	3-5	180	Kirsty.B	Build strength and speed endurance & practice pacing
12/03/2018	800m Interval Session	6-8	120	Gary.M	Practice pacing and improve speed endurance Alternatively can be used as a recovery before TT
19/03/2018	1000m Interval Session	4-6	120	Rory.H	Build strength, endurance and work lactic and aerobic threshold levels
26/03/2018	400m Interval Session	12-16	45	Peter.M	Improve aerobic conditioning and running economy