

**Preston Harriers - Spring/Summer Track Schedule (Seniors) - 2017****Tuesdays at 7pm prompt at UClan (Preston) Sports Arena, Athletics Track, from the Start Line**

These sessions **are a guide only** and you should ideally use your own judgement on the number of intervals and the recovery periods. Please consider the interval guide that comes with this session planner. People may want shorter or longer intervals or recoveries than those listed. While some sessions apply a time choice, you should always apply your own experience to the recoveries and interval and choose what is right for you. These sessions are NOT intended to be totally prescriptive. As this is not a coached session, please do what you feel is right for you

**There are road Inter-Club events as follows:-** Wed 5th April (Blackpool), Thurs 11th May (Lytham), Wed 14th June (Preston), **Tues 27th June** (Anchorsholme - Thornton Cleveleys) - no session on planner; Mon 17th July (Salwick - Wesham), Wed 9th Aug (Chorley) & Wed 6th Sept (Leyland - Red Rose)

Date	Session
4th April	7 x 500m (1.30 recovery each 500m), 2 x 300m (1.00 recovery) and 2 x 200m (1.00 recovery)
11th April	8 x 600m (1.40 recovery after each 600m)
18th April	3 sets of first a 600m, 500m, 200m (1.20 recoveries) then 400m (3.00 after the 400m to end the set)
25th April	6 x 800m (2.00 recovery after each 800m)
2nd May	12 x 400m faster pace with 1.30 to 2min recoveries, your choice!
9th Mat	4 x 1200m (3.00 recovery after each 1200m)
16th May	Step down - suggested recoveries in brackets on intervals of 1600m (4.00) 1200m (3.00) 800m (2.00) 600m (1.40) 400m (1.20) , to then finish with 2 x 200m fast - 1 min recovery on 1st 200
23rd May	5 x 1000m (2.30 to 3.00 recovery after each 1000m)
30th May	12 x 300m (recovery is 100m slow walk to start after each 300m)
6th June	8 x 600m (1.40 recovery after each 600m)
13th June	Pyramid - suggested recoveries in brackets:- 1 x 400m (1.20) 600m (1.40) 800m (2.00) 1000m (2.45) 800m (2.00) 600m (1.40) 400 (1.20) and 2 fast x 200m (1.30 first 200)
20th June	6 x 800m (2.00 recovery after each 800m)
27th June	Thornton Cleveleys Inter-Club
4th July	4 x 1200m (3.00 recovery after each 1200m)
11th July	Step down - suggested recoveries in brackets on intervals of 1600m (4.00) 1200m (3.00) 800m (2.00) 600m (1.40) 400m (1.20) , to then finish with 2 x 200m fast - 1 min recovery on 1st 200
18th July	5 x 1000m (2.30 to 3.00 recovery after each 1000m)
25th July	7 x 500m (1.30 recovery), 2 x 300m (1.00 recovery) and 2 x 200m (1.00 recovery)
1st August	8 x 600m (1.40 recovery after each 600m)
8th August	3 sets of first a 600m, 500m, 200m (1.20 recoveries) then 400m (3.00 after the 400m to end the set)
15th August	6 x 800m (2.00 recovery after each 800m)
22nd August	12 x 400m faster pace with 1.30 to 2min recoveries, your choice!
29th August	Step down - suggested recoveries in brackets on intervals of 1600m (4.00) 1200m (3.00) 800m (2.00) 600m (1.40) 400m (1.20) , to then finish with 2 x 200m fast - 1 min recovery on 1st 200
5th Sept	4 x 1200m (3.00 recovery after each 1200m)
12th Sept	5 x 1000m (2.30 to 3.00 recovery after each 1000m)
19th Sept	7 x 500m (1.30 recovery), 2 x 300m (1.00 recovery) and 2 x 200m (1.00 recovery)
26th Sept	3 sets of first a 600m, 500m, 200m (1.20 recoveries) then 400m (3.00 after the 400m to end the set)

## INTERVAL GUIDE

Interval training is based on running at race pace or faster for distances that are shorter than a race distance with breaks included to reduce the training stress.

If you are new to this type of training, you should ease into it and be prepared to skip some of the intervals to get used to the pace and type of training.

When running Intervals, it is better to keep moving after the repetition and even a slow walk is better than standing around afterwards waiting for the next one, but a slow jog is better still as this helps promote blood flow & recovery!

The idea behind the recovery period is that it promotes incomplete recovery and this is very important as it keeps a runner from running too fast on the next interval. The recovery should be to let heart rate drop to about 65% of max heart rate and a rule of thumb is that the recovery should be about 50% to 90% (it could even be less or more!) of the time taken to run the interval, so the sessions can only be a guide for so many people and for different abilities!

Using a heart rate monitor would be a good way to measure your own recovery period. More rest may be required at times eg after injury, after a hard race (or one to come!) or on a warm evening, or a windy one - not unusual at the track!

Recovery time should be used wisely, taking more time if necessary. If running economy is suffering because of a cut in recovery time the sessions purpose is lost. The ideal is to recover so that each interval is run as economically as the previous one.

Intervals main purpose are to stress your VO2 max, which is the max amount of oxygen that the heart can pump to the muscles and which the muscles can then use to produce energy. VO2 max determines aerobic capacity and very simplistically, the higher the VO2 max, the more ability there is to produce energy aerobically but then there is a limit to perform without enough oxygen - although with training, it can be improved.

Improving VO2 max can come by interval training that requires 95% to 100% (some may say 85-95%) of current VO2 max but for most people this would be about race pace to 3k to 5k pace and this will stretch the cardiovascular system to improve the ability to extract oxygen from the blood.

**TEMPO running, or threshold running**, is good at improving endurance and can be considered "comfortably hard" and is about 20 per mile slower than 5k race pace is somewhere in the region of 80% to 90% of VO2 or about 88% - 90% of max heart rate.

Intervals to work effectively, should be run at a fairly consistent time.

A sample guide could be:-  
1600m / Miles - variation of 5 - 8 seconds  
800m - variation of 3 - 5 seconds  
600m - variation of 3 - 4 seconds  
400m - variation of 2 - 3 seconds  
300m - variation of 2 - 3 seconds  
200m - variation of 1 - 2 seconds

The key is being consistent, not running one too fast and then having to take a longer recovery to get the session back on track and very importantly running to your capability and not running them too fast. It is better to go at your pace rather than try & keep up with people who may be faster, thus not getting anything positive from the session (and making it too hard!) Most runners would run intervals at faster than race pace, but that could be a fast or hard pace or even at race pace and another key is finding what works, around that 3/5k pace.

**A suggested guide based on race pace times per mile, could be:**

5k pace per mile	400s fast	400s 5k	800s fast	800s 5k	1200s fast	1200s 5k	1600s fast	1600s 5k
5.10	1.07	1.17	2.24	2.35	3.42	3.53	5.03	5.10
5.20	1.10	1.20	2.29	2.40	3.49	4.00	5.13	5.20
5.30	1.12	1.22	2.34	2.45	3.57	4.08	5.23	5.30
5.40	1.15	1.25	2.38	2.50	4.03	4.15	5.33	5.40
5.50	1.17	1.27	2.45	2.55	4.11	4.23	5.42	5.50
6.00	1.20	1.30	2.47	3.00	4.18	4.30	5.52	6.00
6.10	1.22	1.32	2.52	3.05	4.25	4.38	6.01	6.10
6.20	1.25	1.35	2.57	3.10	4.32	4.45	6.12	6.20
6.30	1.27	1.37	3.01	3.15	4.39	4.53	6.21	6.30
6.40	1.30	1.40	3.06	3.20	4.46	5.00	6.31	6.40
6.50	1.32	1.42	3.11	3.25	4.54	5.08	6.41	6.50
7.00	1.35	1.45	3.15	3.30	5.00	5.15	6.51	7.00
7.10	1.37	1.47	3.20	3.35	5.08	5.23	7.00	7.10
7.20	1.40	1.50	3.24	3.40	5.14	5.30	7.10	7.20
7.30	1.42	1.52	3.29	3.45	5.22	5.38	7.20	7.30
7.40	1.45	1.55	3.34	3.50	5.29	5.45	7.30	7.40
7.50	1.47	1.57	3.38	3.55	5.36	5.54	7.39	7.50
8.00	1.50	2.00	3.43	4.00	5.43	6.00	7.49	8.00
8.10	1.52	2.02	3.48	4.05	5.51	6.08	7.59	8.10
8.20	1.55	2.05	3.52	4.10	5.57	6.15	8.09	8.20
8.30	1.57	2.07	3.57	4.15	6.05	6.23	8.18	8.30
8.40	2.00	2.10	4.01	4.20	6.11	6.30	8.28	8.40
8.50	2.02	2.12	4.06	4.25	6.19	6.38	8.38	8.50
9.00	2.05	2.15	4.11	4.30	6.26	6.45	8.48	9.00