

Preston Harriers - Winter Track Schedule (Seniors) - 2017/2018

Please note that these sessions **are a guide only** and you may wish to use your own judgement on the number of intervals and the recovery periods and consider the interval guide that comes with this session planner to try & get the best from the sessions. People may want shorter or longer recoveries than those listed and you should also apply your own experience to the recoveries and intervals. 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

Date	Session
3rd Oct	5 x 1200m (2 min 20 sec recovery)
10th Oct	10 x 600m (1 min 30 sec recovery)
17th Oct	4 sets of 4 x 400m (1 min recovery between intervals - 3 mins between sets)
24th Oct	6 x 1000m (2 min 10 recovery)
31st Oct	<i>Pyramid</i> - 400m (400 jog rec); 800m (400 jog rec); 1200m (400 jog rec); 1600m (800 jog rec); 1200m (400 jog rec); 800 m (400 jog rec); 400m
7th Nov	4 x 1 mile (2 min 40 sec recovery)
14th Nov	8 x 800m (1 min 45 sec recovery)
21st Nov	5 x 1200m (2 min 20 sec recovery)
28th Nov	Timed ladder session - 1 x 6 mins (2 mins); 1 x 5 mins (1.30); 2 x 4 mins (1.20); 1 x 3 mins (1 min); 2 x 2 mins (45 secs)
5th Dec	4 sets of 4 x 400m (1 min recovery between intervals - 3 mins between sets)
12th Dec	6 x 1000m (2 min 10 recovery)
19th Dec	10 x 600m (1 min 30 recovery)
Christmas & New Year Break	
2nd Jan	8 x 800m (1 min 45 sec recovery)
9th Jan	5 x 1200m (2 min 20 sec recovery)
16th Jan	<i>Pyramid</i> - 400m (400 jog rec); 800m (400 jog rec); 1200m (400 jog rec); 1600m (800 jog rec); 1200m (400 jog rec); 800 m (400 jog rec); 400m
23rd Jan	4 sets of 4 x 400m (1 min recovery between intervals - 3 mins between sets)
30th Jan	6 x 1000m (2 min 10recovery)
6th Feb	10 x 600m (1 min 30 sec recovery)
13th Feb	4 x 1 mile (2 min 40 sec recovery)
20th Feb	8 x 800m (1 min 45 sec recovery)
27th Feb	5 x 1200m (2 min 20 sec recovery)
6th March	<i>Pyramid</i> - 400m (400 jog rec); 800m (400 jog rec); 1200m (400 jog rec); 1600m (800 jog rec); 1200m (400 jog rec); 800 m (400 jog rec); 400m
13th March	4 sets of 4 x 400m (1 min recovery between intervals - 3 mins between sets)
20th March	6 x 1000m (2min 40 recovery)
27th March	Marathon fartlek session - 4/5 x (5 mins @ own marathon pace then 2 mins @ 10k pace, based on continuous running) or for others, up to 10 x 600s with 1.30 recoveries