

Preston Harriers - Spring/Summer Track Schedule (Seniors) - 2018**Tuesdays at 7pm prompt at UClan (Preston) Sports Arena, Athletics Track, from the Start Line**

These sessions **are a guide only** and you should 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 4th April (Blackpool), Thurs 3rd May (Lytham), Wed 13th June (Preston), **Tues 26th** June (Anchorsholme - Thornton Cleveleys) - no session on planner; Mon 23rd July (Salwick - Wesham), Wed 8th Aug (Chorley) & Wed 5th Sept (Leyland - Red Rose)

Date	Session
3rd April	7 x 500m (1.30 recovery each 500m), 2 x 300m (1.00 recovery) and 2 x 200m (1.00 recovery)
10th April	8 x 600m (1.40 recovery after each 600m)
17th April	3 sets of first a 600m, 500m, 200m (1.20 recoveries) then 400m (3.00 after the 400m to end the set)
24th April	6 x 800m (2.00 recovery after each 800m)
1st May	12 x 400m faster pace with 1.30 to 2min recoveries, your choice!
8th May	4 x 1200m (3.00 recovery after each 1200m)
15th 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
22nd May	5 x 1000m (2.30 to 3.00 recovery after each 1000m)
29th May	12 x 300m (recovery is 100m slow walk to start after each 300m)
5th June	8 x 600m (1.40 recovery after each 600m)
12th 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)
19th June	6 x 800m (2.00 recovery after each 800m)
26th June	Thornton Cleveleys Inter-Club
3rd July	4 x 1200m (3.00 recovery after each 1200m)
10th 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
17th July	5 x 1000m (2.30 to 3.00 recovery after each 1000m)
24th July	7 x 500m (1.30 recovery), 2 x 300m (1.00 recovery) and 2 x 200m (1.00 recovery)
31st July	8 x 600m (1.40 recovery after each 600m)
7th August	3 sets of first a 600m, 500m, 200m (1.20 recoveries) then 400m (3.00 after the 400m to end the set)
14th August	6 x 800m (2.00 recovery after each 800m)
21st August	12 x 400m faster pace with 1.30 to 2min recoveries, your choice!
28th 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
4th Sept	4 x 1200m (3.00 recovery after each 1200m)
11th Sept	5 x 1000m (2.30 to 3.00 recovery after each 1000m)
18th Sept	7 x 500m (1.30 recovery), 2 x 300m (1.00 recovery) and 2 x 200m (1.00 recovery)
25th Sept	3 sets of first a 600m, 500m, 200m (1.20 recoveries) then 400m (3.00 after the 400m to end the set)