

## Preston Harriers - Winter Track Schedule (Seniors) - 2018/2019

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
2nd Oct	5 x 1200m (2 min 20 sec recovery)
9th Oct	10 x 600m (1 min 30 sec recovery)
16th Oct	4 sets of 4 x 400m (1 min recovery between intervals - 3 mins between sets)
23rd Oct	6 x 1000m (2 min 10 recovery)
30th 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
6th Nov	4 x 1 mile (2 min 40 sec recovery)
13th Nov	8 x 800m (1 min 45 sec recovery)
20th Nov	5 x 1200m (2 min 20 sec recovery)
27th 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)
4th Dec	4 sets of 4 x 400m (1 min recovery between intervals - 3 mins between sets)
11th Dec	6 x 1000m (2 min 10 recovery)
18th Dec	10 x 600m (1 min 30 recovery)
<b>Christmas &amp; New Year Break</b>	
8th Jan	8 x 800m (1 min 45 sec recovery)
15th Jan	5 x 1200m (2 min 20 sec recovery)
22nd 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
29th Jan	4 sets of 4 x 400m (1 min recovery between intervals - 3 mins between sets)
5th Feb	6 x 1000m (2 min 10recovery)
12th Feb	10 x 600m (1 min 30 sec recovery)
19th Feb	4 x 1 mile (2 min 40 sec recovery)
26th Feb	8 x 800m (1 min 45 sec recovery)
5th March	5 x 1200m (2 min 20 sec recovery)
12th 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
19th March	4 sets of 4 x 400m (1 min recovery between intervals - 3 mins between sets)
26th March	6 x 1000m (2min 40 recovery)
2nd April	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