

**Preston Harriers - Spring/Summer Track Schedule (Seniors) - 2019****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 3rd April (Stanley Park, Blackpool), Thurs 2nd May (Salters Wharf Pub, Lytham), Wed 12th June (Penwortham CC, Preston), Tues 25th June (Anchorsholme, Thornton Cleveleys) - Mon 22nd July (Salwick, Wesham), Wed 14th Aug (Astley Park (Hall Gate side) Chorley) & Wed 4th Sept (Worden Park, Leyland - Red Rose)

Date	Session
2nd April	7 x 500m (1.30 recovery each 500m), 2 x 300m (1.00 recovery) and 2 x 200m (1.00 recovery)
9th April	8 x 600m (1.40 recovery after each 600m)
16th April	3 sets of first a 600m, 500m, 200m (1.20 recoveries) then 400m (3.00 after the 400m to end the set)
23rd April	6 x 800m (2.00 recovery after each 800m)
30th April	12 x 400m faster pace with 1.30 to 2min recoveries, your choice!
7th May	4 x 1200m (3.00 recovery after each 1200m)
14th 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
21st May	5 x 1000m (2.30 to 3.00 recovery after each 1000m)
28th May	12 x 300m (recovery is 100m slow walk to start after each 300m)
4th June	8 x 600m (1.40 recovery after each 600m)
11th 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)
18th June	6 x 800m (2.00 recovery after each 800m)
25th June	Thornton Cleveleys Inter-Club
2nd July	4 x 1200m (3.00 recovery after each 1200m)
9th 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
16th July	5 x 1000m (2.30 to 3.00 recovery after each 1000m)
23rd July	7 x 500m (1.30 recovery), 2 x 300m (1.00 recovery) and 2 x 200m (1.00 recovery)
30th July	8 x 600m (1.40 recovery after each 600m)
6th August	3 sets of first a 600m, 500m, 200m (1.20 recoveries) then 400m (3.00 after the 400m to end the set)
13th August	6 x 800m (2.00 recovery after each 800m)
20th August	12 x 400m faster pace with 1.30 to 2min recoveries, your choice!
27th 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
3rd Sept	4 x 1200m (3.00 recovery after each 1200m)
10th Sept	5 x 1000m (2.30 to 3.00 recovery after each 1000m)
17th Sept	7 x 500m (1.30 recovery), 2 x 300m (1.00 recovery) and 2 x 200m (1.00 recovery)
24th Sept	3 sets of first a 600m, 500m, 200m (1.20 recoveries) then 400m (3.00 after the 400m to end the set)