

Preston Harriers - Winter Track Schedule (Seniors) - 2019/2020

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
1st Oct	5 x 1200m (2 min 20 sec recovery)
8th Oct	10 x 600m (1 min 30 sec recovery)
15th Oct	4 sets of 4 x 400m (1 min recovery between intervals - 3 mins between sets)
22nd Oct	6 x 1000m (2 min 10 recovery)
29th 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
5th Nov	4 x 1 mile (2 min 40 sec recovery)
12th Nov	8 x 800m (1 min 45 sec recovery)
19th Nov	5 x 1200m (2 min 20 sec recovery)
26th 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)
3rd Dec	4 sets of 4 x 400m (1 min recovery between intervals - 3 mins between sets)
10th Dec	6 x 1000m (2 min 10 recovery)
17th Dec	10 x 600m (1 min 30 recovery)
Christmas & New Year Break	
7th Jan	8 x 800m (1 min 45 sec recovery)
14th Jan	5 x 1200m (2 min 20 sec recovery)
21st 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
28th Jan	4 sets of 4 x 400m (1 min recovery between intervals - 3 mins between sets)
4th Feb	6 x 1000m (2 min 10recovery)
11th Feb	10 x 600m (1 min 30 sec recovery)
18th Feb	4 x 1 mile (2 min 40 sec recovery)
25th Feb	8 x 800m (1 min 45 sec recovery)
3rd March	5 x 1200m (2 min 20 sec recovery)
10th 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
17th March	4 sets of 4 x 400m (1 min recovery between intervals - 3 mins between sets)
24th March	6 x 1000m (2min 40 recovery)
31st 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