

Preston Harriers - Spring/Summer Track Schedule (Seniors) - 2020
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 1st April (Stanley Park, Blackpool), Thurs 7th May (Salters Wharf Pub, Lytham), Wed 10th June (Penwortham CC, Preston), Tues 23rd June (Anchorsholme, Thornton Cleveleys) - Mon 13th July (Salwick, Wesham), Wed 12th Aug (Astley Park (Hall Gate side) Chorley) & Wed 2nd Sept (Worden Park, Leyland - Red Rose)

Date	Session
7th April	7 x 500m (1.30 recovery each 500m), 2 x 300m (1.00 recovery) and 2 x 200m (1.00 recovery)
14th April	8 x 600m (1.40 recovery after each 600m)
21st April	3 sets of first a 600m, 500m, 200m (1.30 recoveries) then 400m (3.00 after the 400m to end the set)
28th April	6 x 800m (2.00 recovery after each 800m)
5th May	12 x 400m faster pace with 1.30 to 2min recoveries, your choice!
12th May	4 x 1200m (3.00 recovery after each 1200m)
19th 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
26th 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)
2nd June	8 x 600m (1.40 recovery after each 600m)
9th 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)
16th June	6 x 800m (2.00 recovery after each 800m)
23rd June	Thornton Cleveleys Inter-Club
30th June	4 x 1200m (3.00 recovery after each 1200m)
7th 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
14th July	5 x 1000m (2.30 to 3.00 recovery after each 1000m)
21st July	7 x 500m (1.30 recovery), 2 x 300m (1.00 recovery) and 2 x 200m (1.00 recovery)
28th July	8 x 600m (1.40 recovery after each 600m)
4th August	3 sets of first a 600m, 500m, 200m (1.30 recoveries) then 400m (3.00 after the 400m to end the set)
11th August	6 x 800m (2.00 recovery after each 800m)
18th August	12 x 400m faster pace with 1.30 to 2min recoveries, your choice!
25th 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
1st Sept	4 x 1200m (3.00 recovery after each 1200m)
8th Sept	5 x 1000m (2.30 to 3.00 recovery after each 1000m)
15th Sept	7 x 500m (1.30 recovery), 2 x 300m (1.00 recovery) and 2 x 200m (1.00 recovery)
22nd Sept	3 sets of first a 600m, 500m, 200m (1.30 recoveries) then 400m (3.00 after the 400m to end the set)
29th Sept	4 sets of 4 x 400m (1 min recovery between intervals - 3 mins between sets)