Tuesday Night Track Sessions

Date	Session	Recovery	No. of Reps
6/10/15	1 mile	400m	4 – 5
13/10/15	1200m	400m	4 – 6
20/10/15	1000m	200m	6 – 8
27/10/15	800m	200m	8 – 10
3/11/15	600m	200m	10 – 12
10/11/15	400m	200m	12 – 16
17/11/15	**Pyramid** ~ 200m ; 400m ; 600m ; 800m ; 1000m ; 1200m ; 1000m ; 800m ; 600m ; 400m ; 200m	200m	~~~
24/11/15	1 mile	400m	4 – 5
1/12/15	1200m	400m	4 – 6
8/12/15	1000m	200m	6 – 8
15/12/15	800m	200m	8 – 10
22/12/15	600m	200m	10 – 12
29/12/15	400m	200m	12 – 16
5/1/16	**Pyramid** ~ 200m ; 400m ; 600m ; 800m ; 1000m ; 1200m ; 1000m ; 800m ; 600m ; 400m ; 200m	200m	~~~
12/1/16	1 mile	400m	4 – 5
19/1/16	1200m	400m	4 – 6
26/1/16	1000m	200m	6 – 8
2/2/16	800m	200m	8 – 10
9/2/16	600m	200m	10 – 12
16/2/16	400m	200m	12 – 16
23/2/16	**Pyramid** ~ 200m ; 400m ; 600m ; 800m ; 1000m ; 1200m ; 1000m ; 800m ; 600m ; 400m ; 200m	200m	~~~
1/3/16	1 mile	400m	4 – 5

Date	Session	Recovery	No. of Reps
8/3/16	1200m	400m	4 – 6
15/3/16	1000m	200m	6 – 8
22/3/16	800m	200m	8 – 10
29/3/16	600m	200m	10 – 12
5/4/16	400m	200m	12 – 16
12/4/16	**Pyramid** ~ 200m ; 400m ; 600m ; 800m ; 1000m ; 1200m ; 1000m ; 800m ; 600m ; 400m ; 200m	200m	~~~
19/4/16	800m	200m	4 – 6
26/4/16	400m	200m	8 – 10

I've tried to work the sessions so that there is some flexibility, the number of Reps quoted is based on those doing a Marathon or endurance base, those who feel that they would rather reduce the number that is fine, these are only a guide.

The aim of the session is to get you running quicker than you would out on a run, so try and base the pace on your 5K time or slightly quicker, take yourself out of your comfort zone but try and pace it so that you are able to complete the session.