

Track Session – Cam Brea Leisure Centre Track - 7pm start
 £1 per session – non members welcome £2 per session

Date	Session	Total Interval	
2 Feb 12	18 x 200	3600	
9 Feb 12	10 x 400	4000	
16 Feb 12	6 x 800	4800	
23 Feb 12	3 x 1 mile – Race Pace	4800	**
1 Mar 12	16 x 300	4800	
8 Mar 12	8 x 600	4800	
15 Mar 12	300 + 500 + 800 x 3	4800	
22 Mar 12	3 x 1 mile – Race Pace	4800	**
29 Mar 12	21 x 200	4200	
5 Apr 12	11 x 400	4400	
12 Apr 12	300 + 500 + 800 x 3	4800	
19 Apr 12	3 x 1 mile – Race Pace	4800	**

Notes:

- (i) The above sessions will be tailored with pacing guide and recoveries on the day.
- (ii) Pacing groups and coaches will be available to assist.
- (iii) Head coach will be available to supervise the session and provide adequate warm up.
- (iv) Session will be reduce to cater for those racing at week-end.
- (v) ** Race pace runs – Designed to teach the body to cope with desired 10k race pace

These interval sessions are designed to suit all runners because we have coaches and pace groups available. Please make sure you are fit and not suffering from injury when doing these sessions.