

Weston Athletic Club - Various Interval Sessions

(Tuesday Evenings on the playing field behind Hutton Moor LC)

<p>A</p> <p>10 mins warm up session</p> <p>1 x 1 min</p> <p>60 secs recovery</p> <p>1 x 2 mins</p> <p>75 secs recovery</p> <p>8 x 3 mins</p> <p>90 secs recovery</p> <p>1 x 2 mins</p> <p>75 secs recovery</p> <p>1 x 1 min</p> <p>60 secs recovery</p> <p>Total Intervals -30 mins i.e. approx 8K - fastest runner</p> <p>1 lap warm down jog 5 mins stretching & flexibility</p>	<p>B</p> <p>10 mins warm up session</p> <p>1 x 1 min</p> <p>60 secs recovery</p> <p>1 x 2 mins</p> <p>75 secs recovery</p> <p>7 x 3.5 mins</p> <p>90 secs recovery</p> <p>1 x 2 mins</p> <p>75 secs recovery</p> <p>1 x 1 min</p> <p>60 secs recovery</p> <p>Total Intervals -30.5 mins i.e. approx 8K - fastest runner</p> <p>1 lap warm down jog 5 mins stretching & flexibility</p>	<p>C</p> <p>10 mins warm up session</p> <p>1 x 1 min</p> <p>60 secs recovery</p> <p>1 x 2 mins</p> <p>75 secs recovery</p> <p>6 x 4 mins</p> <p>90 secs recovery</p> <p>1 x 2 mins</p> <p>75 secs recovery</p> <p>1 x 1 min</p> <p>60 secs recovery</p> <p>Total Intervals -30 mins i.e. approx 8K - fastest runner</p> <p>1 lap warm down jog 5 mins stretching & flexibility</p>
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<p>D</p> <p>10 mins warm up session</p> <p>1 x 1 min</p> <p>60 secs recovery</p> <p>1 x 2 mins</p> <p>75 secs recovery</p> <p>5 x 5 mins</p> <p>105 secs recovery</p> <p>1 x 2 mins</p> <p>75 secs recovery</p> <p>1 x 1 min</p> <p>60 secs recovery</p> <p>Total Intervals -31 mins i.e. approx 8K - fastest runner</p> <p>1 lap warm down jog 5 mins stretching & flexibility</p>	<p>E</p> <p>10 mins warm up session</p> <p>1 x 1 min</p> <p>60 secs recovery</p> <p>3 x 2 mins</p> <p>75 secs recovery</p> <p>5 x 3.5 mins</p> <p>90 secs recovery</p> <p>3 x 2 mins</p> <p>75 secs recovery</p> <p>1 x 1 min</p> <p>60 secs recovery</p> <p>Total Intervals -31.5 mins i.e. approx 8K - fastest runner</p> <p>1 lap warm down jog 5 mins stretching & flexibility</p>	<p>F</p> <p>10 mins warm up session</p> <p>1 x 1 min</p> <p>60 secs recovery</p> <p>2 x 3 mins</p> <p>75 secs recovery</p> <p>4 x 4 mins</p> <p>90 secs recovery</p> <p>2 x 3 mins</p> <p>75 secs recovery</p> <p>1 x 1 min</p> <p>60 secs recovery</p> <p>Total Intervals -30 mins i.e. approx 8K - fastest runner</p> <p>1 lap warm down jog 5 mins stretching & flexibility</p>
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Use 375M coned circuit to undertake warm up and interval session; circuit 125 x 75 paces plus 20 paces to two points

n.b. These six sessions can be slightly varied to suit

ref: Ian C - amended Feb 2012