

# Weston Athletic Club - Various Interval Sessions

Winter Tuesday Evenings on the Prom starting at the Tropicana - sheet 1

<p><b>A</b>     <b>1000M Core Intervals</b>                  2 mls warm up run to beach   <b>200M out</b>, jog rec'y to 300M   <b>300M back</b>, jog rec'y   <b>5 x 1000M</b> - 500M out, turn &amp; 500M back                  jog rec'y between each   <b>300M out</b>, jog rec'y to 200M   <b>200M back</b> to start                   1.8 mls jog rec'y back to HM                   Total Intervals - <b>6000M</b></p>	<p><b>B</b>     <b>1200M Core Intervals</b>                  2 mls warm up run to beach   <b>200M out</b>, jog rec'y to 300M   <b>300M back</b>, jog rec'y   <b>4 x 1200M</b> - 400M out, turn &amp; 400M back, turn 400M &amp; finish on 400m line, jog rec'y   <b>300M out</b>, jog rec'y to 200M   <b>200M back</b> to start                   1.8 mls jog rec'y back to HM                   Total Intervals - <b>5800M</b></p>	<p><b>C</b>     <b>1400M Core Intervals</b>                  2 mls warm up run to beach   <b>200M out</b>, rec'y jog   <b>200M back</b>, jog rec'y   <b>4 x 1400M</b> - 400M out, turn &amp; 400M back, 300M out/back finish on start line, jog rec'y   <b>200M out</b>, jog rec'y   <b>200M back</b> to start                   1.8 mls jog rec'y back to HM                   Total Intervals - <b>6400M</b></p>
<p><b>D</b>     <b>1600M Core Intervals</b>                  2 mls warm up run to beach   <b>200M out</b>, rec'y jog   <b>200M back</b>, jog rec'y   <b>4 x 1600M</b> - 400M out, turn &amp; 400M back, continue x 1 finish on start line, jog rec'y   <b>200M out</b>, jog rec'y   <b>200M back</b> to start                   1.8 mls jog rec'y back to HM                   Total Intervals - <b>7200M</b></p>	<p><b>E</b>     <b>500M Core Intervals</b>                  2 mls warm up run to beach   <b>200M out</b>, jog rec'y <b>200M</b> b'k   <b>300M out</b>, jog rec'y <b>300M</b> b'k   <b>10 x 500M</b> - 250M out, turn &amp; 250M back                  jog rec'y between each   <b>300M out</b>, jog rec'y <b>300M</b> b'k   <b>200M out</b>, jog rec'y <b>200M</b> b'k                   1.8 mls jog rec'y back to HM                   Total Intervals - <b>7000M</b></p>	<p><b>F</b>     <b>600M Core Intervals - 1</b>                  2 mls warm up run to beach   <b>200M out</b>, jog rec'y <b>200M</b> b'k   <b>300M out</b>, jog rec'y <b>300M</b> b'k   <b>8 x 600M</b> - 300M out, turn &amp; 300M back                  jog rec'y between each   <b>300M out</b>, jog rec'y <b>300M</b> b'k   <b>200M out</b>, jog rec'y <b>200M</b> b'k                   1.8 mls jog rec'y back to HM                   Total Intervals - <b>6800M</b></p>

**Start line** - south corner of Trop  
**400M line** - wheelie bin

**200M line** - 1st shelter  
**500M line** - adj corner putting gr'n

**300M line** - 2nd shelter  
**600M line** - flag pole column:

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

ref: Ian C - amended Feb 2012

