

Weston Athletic Club - Various Interval Sessions

Winter Tuesday Evenings on the Prom starting at the Tropicana - sheet 2

<p>G 600M Core Intervals - 2 2 mls warm up run to beach 200M out, jog rec'y to 300M 300M back, jog rec'y 9 x 600M - 300M out, turn & 300M back jog rec'y between each 300M out, jog rec'y to 200M 200M back to start 1.8 mls jog rec'y back to HM Total Intervals -6400M</p>	<p>H 800M Core Intervals 2 mls warm up run to beach 200M out, jog rec'y to 300M 300M back, jog rec'y 6 x 800M - 400M out, turn & 400M back jog rec'y between each 300M out, jog rec'y to 200M 200M back to start 1.8 mls jog rec'y back to HM Total Intervals -5800M (core can be 12 x 400m)</p>	<p>I Pyramid 1 2 mls warm up run to beach 200M out, jog rec'y to 300M 300M back, jog rec'y 1 x 400M - 200m out & back 1 x 600M - 300m out & back 1 x 800M - 400m out & back 2 x 1000M - 500m out & back 1 x 800M - 400m out & back 1 x 600M - 300m out & back 1 x 400M - 200m out & back jog rec'y between each 300M out, jog rec'y to 200M 200M back to start 1.8 mls jog rec'y back to HM Total Intervals -6600M</p>
<p>J Pyramid 2 2 mls warm up run to beach 200M out, jog rec'y to 300M 300M back, jog rec'y 2 x 400M - 200m out & back 2 x 600M - 300m out & back 2 x 800M - 400m out & back 2 x 600M - 300m out & back 2 x 400M - 200m out & back jog rec'y between each 300M out, jog rec'y to 200M 200M back to start 1.8 mls jog rec'y back to HM Total Intervals -6600M</p>	<p>K Pyramid 3 2 mls warm up run to beach 200M out, jog rec'y to 300M 300M back, jog rec'y 1 x 400M - 200m out & back 2 x 600M - 300m out & back 3 x 800M - 400m out & back 2 x 600M - 300m out & back 1 x 400M - 200m out & back jog rec'y between each 300M out, jog rec'y to 200M 200M back to start 1.8 mls jog rec'y back to HM Total Intervals -6600M</p>	<p>L Pyramid 4 2 mls warm up run to beach 200M out, jog rec'y to 300M 300M back, jog rec'y 3 x 400M - 200m out & back 2 x 600M - 300m out & back 1 x 800M - 400m out & back 2 x 600M - 300m out & back 3 x 400M - 200m out & back jog rec'y between each 300M out, jog rec'y to 200M 200M back to start 1.8 mls jog rec'y back to HM Total Intervals -6600M</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

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