

Week Commencing (Mon)	Session	Recovery	Notes
26/02/2015	3 x 10min	2min jog	10min efforts at threshold pace (1hr race pace)
23/02/2015	12min / 5 x 2min / 12min	2min jog	12min efforts at threshold, 2min efforts at 5k pace
02/03/2015	10 x 5min	1min jog apart from after 5th interval when 2min jog	Start at marathon pace and try and make each one a tiny bit faster!
09/03/2015	20min / 5 x 4min / 20min	3min jog after and before 20min , 2min jog between 4min efforts	First 20min effort at MP, 4min intervals at threshold, Final 20min faster than first!
16/03/2015	24min / 18min / 12min / 6min / 3min	3 min jog	24min effort at MP getting gradually faster for each shorter effort
23/03/2015	4 x 16min	3 min jog	First 16 min at MP and getting gradually faster for each 16min effort
30/03/2015	24min / 18min / 12min / 6min / 4min/ 3min / 2min / 2min	3 min jog after 1st 5 efforts, 2min jog after final 3 intervals	24min effort at MP getting gradually faster for each shorter effort
06/04/2015	30min / 4 X 5min / 30min	3 min jog after and before 30min, 2min jog between 5min efforts	First 30min effort at MP, 5min intervals at threshold, Final 30min faster than first!
13/04/2015	10min / 8 X 2min	2min jog after 10min effort, 1min between 2min efforts	10min effort between MP and threshold, 2min efforts close to 5km pace
20/04/2015	NO SESSION	NONE	Taper Madness :-)

Tuesday Sessions led by Graeme

Wednesday Sessions led by Steve