

Date	Session	Venue	Coach
7 th November	Keeping it 600: 8-12 x 600m (finishing fast last 100m) [200m] [2 mins after 4 reps]	Track	Runcamp: Coach Ben
14 th November	Pyramid: 200m, 400m, 600m, 800m, 1200m (1600m), 1200m, 800m, 600m, 400m, 200m (1-2 min recovery - everything starts at 400m line)	Track	Runcamp: Coach Ben
21 st November	Mixed Intervals	Track	Coach Martin
28 th November	Hills: 3 x (2 x 60s [75], 2 x 30s [60], 4 x15s [45])	Sports Centre (meet at changing rooms)	Runcamp: Coach Ben
5 th December	Mixed Intervals	Track	Coach Martin
12 th December	12 Sprints of Christmas: 12 x 1min [60], 12 x 30secs [60]	Common (meet at Bellemoor Triangle)	Runcamp: Coach Ben
19 th December	Mixed Intervals	Track	Coach Martin
26 th December	No Session		