



Paddock Wood Athletic Club



Mascalls School Summer Schedule 2012

Date (Tuesday)	Tuesday Schedule	Thursday Schedule
3rd / 17th April	Light Fartlek for 45 mins (Transition to summer)	Off Road Recovery Run for 45 - 60 mins (Transition to summer)
10th / 24th April	Short Repetitions (Speed session)	Hilly Road Run for 45 - 60 mins (Strength Endurance)
1st / 15th May	Hill Repetitions (Strength Endurance)	Road Recovery Run for 45 - 60 mins (Recovery / Running efficiency)
8th / 22nd May	Pyramid Repetitions (Multi-pace session)	Tempo Run for 45 - 60 mins (Race rehearsal)
29th May / 12th June	Long Repetitions (Speed Endurance)	Off Road Recovery Run for 45 - 60 mins (Recovery / Running skill)
5th / 19th June	Short Repetitions (Speed session)	Hilly Road Run for 45 - 60 mins (Strength Endurance)
26th June / 10th July	Hill Repetition Runs (Strength Endurance)	Road Recovery Run for 45 - 60 mins (Recovery / Running efficiency)
3rd / 17th July	Pyramid Repetitions (Multi-pace session)	Tempo Run for 45 - 60 mins (Race rehearsal)
24th July / 7th August	Long Repetitions (Speed Endurance)	Off Road Recovery Run for 45 - 60 mins (Recovery / Running skill)
31st July / 14th August	Short Repetitions (Speed session)	Hilly Road Run for 45 - 60 mins (Strength Endurance)
21st Aug / 4th September	Hill Repetitions (Strength Endurance)	Road Recovery Run for 45 - 60 mins (Recovery / Running efficiency)
28th August / 11th Sept	Pyramid Repetitions (Multi-pace session)	Tempo Run for 45 - 60 mins (Race rehearsal)
18th / 25th September	Long Repetitions (Speed Endurance)	Light Fartlek for 45 mins (Transition to winter)

- *Note that off road routes are weather dependent*
- *Olympic Games Athletics from August 3rd – 12th*

Alan Newman FBAPT - UKA Level 3 Performance Coach (Steeplechase, Long Distance)

Richard Elliott - UKA Level 3 Performance Coach (Endurance, Conditioning)