



Paddock Wood Athletic Club



Winter Schedule – Phase 2

January to March 2010

Day / Date	Planned Training Session
Tue 5th Jan	Sustained Pace Run: 18 mins
Thu 7th Jan	Stamina Run @ 75% for 45-60 mins
Tue 12th Jan	Progressive Hills - Transfesa - 25 mins
Thu 14th Jan	Pyramid Session: 2/4/6/4/2 mins / 2 mins recovery
Tue 19th Jan	Double Peak Session: 3/6/3/6/3 mins / 3 mins recovery
Thu 21st Jan	Stamina Run @ 75% for 45-60 mins
Tue 26th Jan	Speed Endurance: 2/4/2/4/2/4/2 mins / 2 mins rec
Thu 28th Jan	Even Pace Judgement Run: 22 mins
Tue 2nd Feb	Self Timed Winter Time Trial (3)*
Thu 4th Feb	Stamina Run @ 75% for 45-60 mins
Tue 9th Feb	Standard Hills - Transfesa - 30 mins
Thu 11th Feb	Speed Session: 11 x 2 mins / 2 mins recovery
Tue 16th Feb	Speed Endurance: 4 x 6 mins / 3 mins recovery
Thu 18th Feb	Sustained Pace Run: 20 mins
Tue 23rd Feb	Negative Split Run: 12 mins out / 11 mins back
Thu 25th Feb	Speed Session: 12 x 2 mins / 2 mins recovery
Tue 2nd Mar	Sustained Pace Run: 20 mins
Thu 4th Mar	Stamina Run @ 75% for 45-60 mins
Tue 9th Mar	Progressive Hills - Transfesa - 30 mins
Thu 11th Mar	Pyramid Session: 2/4/6/4/2 mins / 2 mins recovery
Tue 16th Mar	Speed Endurance: 6 x 4 mins / 4 mins recovery
Thu 18th Mar	Self Timed Winter Time Trial (4)*
Tue 23rd Mar	Even Pace Judgement Run: 24 mins
Thu 25th Mar	Stamina Run @ 75% for 45-60 mins

* Note that these timed runs are not races and that the first consideration has to be safety above everything else
Alan Newman FBAPT and Richard Elliott - UK Athletics Performance Coaches - Level 3