



Paddock Wood Athletic Club Summer Schedule 2010



| DATE | 800m/1500m SCHEDULE | 3000m/5000m SCHEDULE |
|----------------------------|---|--|
| 7th / 21st April | Paarlauf over 200m for 25 mins (Training to train) | Paarlauf over 400m for 30 mins (Training to train) |
| 14th / 28th April | 4 x 1000m @ 10k pace, 400m jog recovery (Training to train) | 5 x 1000m @ 10k pace, 400m jog recovery (Training to train) |
| 5th May | 800m Time Trial (Race rehearsal) | Mile Time Trial (Race rehearsal) |
| 12th / 26th May | 1200m; 2 x 800m; 3 x 400m with 400m jog (Multi-pace session) | 1200m; 2 x 800m; 3 x 400m with 400m jog (Multi-pace session) |
| 19th May / 2nd June | 2 x (5 x 200m) with 200m jog / plus 400m (Speed session) | 3 x (5 x 200m) with 200m jog / plus 400m (Speed session) |
| 9th June | 800m Time Trial (Race rehearsal) | Mile Time Trial (Race rehearsal) |
| 16th / 30th June | 3 x 1000m @ 5k pace, 400m jog recovery (Speed endurance) | 4 x 1000m @ 5k pace, 400m jog recovery (Speed endurance) |
| 23rd June / 7th July | 200m/400m/600m/800m/600m/400m/200m (Pyramid session, with 200m jog recovery) | 200m/400m/600m/800m/600m/400m/200m (Pyramid session, with 200m jog recovery) (With option of 2x800m if required) |
| 14th July | 800m Time Trial (Race rehearsal) | Mile Time Trial (Race rehearsal) |
| 21st July / 4th Aug | 1200m; 2 x 800m; 3 x 400m with 400m jog (Multi-pace session) | 1200m; 2 x 800m; 3 x 400m with 400m jog (Multi-pace session) |
| 28th July / 11th August | 2 x (5 x 200m) with 200m jog / plus 400m (Speed session) | 3 x (5 x 200m) with 200m jog / plus 400m (Speed session) |
| 18th August | 800m Time Trial (Race rehearsal) | Mile Time Trial (Race rehearsal) |
| 25th August / 8th Sept | 3 x 3 x 400m, 200m jog + 400m jog sets (Race pace session) | 4 x 3 x 400m, 200m jog + 400m jog sets (Race pace session) |
| 1st / 15th Sept | 200m/400m/600m/800m/600m/400m/200m (Pyramid session, with 200m jog recovery) | 200m/400m/600m/800m/600m/400m/200m (Pyramid session, with 200m jog recovery) With optional 2x800m if required |
| 22nd Sept | Mile Handicap Race (Fun competition) | Mile Handicap Race (Fun competition) |