



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)

Alan Newman FBAPT / UKA Performance Coach Level 3