



Paddock Wood Athletic Club



2012 Olympic Summer Track Schedule

| DATE | 800m/1500m SCHEDULE | 3000m/5000m SCHEDULE |
|--------------------------|--|--|
| 4th / 18th April | Paarlauf over 200m for 25 mins (Training to train) | Paarlauf over 400m for 30 mins (Training to train) |
| 11th / 25th April | 4 x 1000m @ 10k pace, 400m jog recovery (Training to train) | 5 x 1000m @ 10k pace, 400m jog recovery (Training to train) |
| 2nd May | Mile Time Trial (Race rehearsal) | Mile Time Trial (Race rehearsal) |
| 9th / 23rd 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) |
| 16th / 30th May | 3 x (5 x 200m), 200m jog / 400m jog sets (Speed session) | 4 x (5 x 200m), 200m jog / 400m jog sets (Speed session) |
| 6th June | Mile Time Trial (Race rehearsal) | Mile Time Trial (Race rehearsal) |
| 13th / 27th June | 3 x 1000m @ 5k pace, 400m jog recovery (Speed endurance) | 4 x 1000m @ 5k pace, 400m jog recovery (Speed endurance) |
| 1st / 15th August | 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) |
| 8th / 22nd August | 3 x (5 x 200m), 200m jog / 400m jog sets (Speed session) | 4 x (5 x 200m), 200m jog / 400m jog sets (Speed session) |
| 29th August | Two Mile Handicap Race (Fun competition) World Records are 7:58.61 / 9:06.26 by ... | Two Mile Handicap Race (Fun competition) Daniel Komen (Ken) / Meseret Defar (Eth) |
| 5th / 19th September | 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) (Option of extra 800m with 400m jog) |
| 12th / 26th September | 3 x (500m; 300m; 100m) with 300m, 100m, 300m jog recovery back to start position (Oxygen debt session) | 4 x (500m; 300m; 100m) with 300m, 100m, 300m jog recovery back to start position (Oxygen debt session) |

NB: No sessions on 20th June (Cricket Festival) or throughout July (Olympic Training Camp)

London 2012 Olympics Athletics are from August 3rd – 12th inclusive

Alan Newman FBAPT / UKA Performance Coach Level 3