

Victory Athletic Club

Affiliated to UK Athletics; SEAA & HAA

Winter Thursdays Training Schedule 2011/12

All sessions start at 6pm **sharp** from outside Havant Leisure Centre

Schedule objective: to develop stamina, strength and speed

Date	Location	Session	Gold	Silver	Bronze
06/10/11	HP	400mtr /155m jog recovery	12	10	8
13/10/11	WL	Bartons Hill – 233mtr – 25mins running Kenyon hills			
20/10/11	BF	1 mile repetitions – 3 min recovery	4/5	3/4	2/3
27/10/11	WLC	Fartlek – Jog/sprint /jog/Sprint	10	8	6
03/11/11	WL	Bartons Road hill – 233 metre - 25 mins running - Kenyan hills			
10/11/11	NWS	800 metre reps; 2 min recovery (5k pace)	8	7	5
17/11/11	HP	400mtr /155m jog recovery	12	10	8
24/11/11	BF	1 mile reps 3min recovery	4/5	3/4	2/3
01/12/11	WL	Bartons Road hill – 233 metre sec recovery at bottom of hill	12	10	8
08/12/11	WLC	Fartlek – Jog/sprint /jog/Sprint	10	8	6
15/12/11	NWS	800 metre reps; 2 min recovery (5k pace)	8	7	5
22/12/11	HP	VO2 = 2min/2min session			
29/12/11	BF	1 mile reps 3min recovery (k pace)	4/5	3/4	2/3
05/01/12	WLC	2 person paarlauf jog recovery short loop	10	8	6
12/01/12	WL	Bartons Road hill – 233 metre 25 mins running-Kenyan hills			
19/01/12	HP	400mtr 155mtr jog recovery.	12	10	8
26/01/12	NWS	800 metre reps; 2 min recovery (5k pace)	8	7	5
02/02/12	BF	1 mile reps 3min recovery	4/5	3/4	2/3
09/02/12	WLC	2 person paarlauf jog recovery short loop	10	8	6
16/02/12	WL	Bartons Road hill – 233 metre sec recovery at bottom of hill	12	10	8
23/02/12	HP	VO2 = 2min/2min session			
01/03/12	XY	TBC: Path alongside A27: Alternate 520/400's with alternate jog/90 secs recovery	6	5	4
08/03/12	NWS	800 metre reps; 2 minute recovery (5k pace)	8	7	5
15/03/12	WL	Bartons road hill- 233 metre 25mins running – Kenyan hills			
22/03/12	HP	400mtr 155mtr jog recovery	12	10	8
29/03/12		1 st Short handicap			

Location Key: BF Budds Farm; SP Staunton Park; WL West Leigh; XY Xyrotex; NWS Near Warblington School; WLC Cycle track

Definition: GOLD = sub 7min mile pace

SILVER = 7- 8.30 min mile pace

BRONZE= over 8:30 min mile pace