

Pembrokeshire Triathlon Club

TRACK SESSIONS

18th November 2016 – 10th February 2017

BASE PHASE – 2 x 5/6 WEEKS (with a Christmas break – bonus!)

This programme should be completed before moving onto the next phase.

You need to complete a **TIME TRIAL** at the beginning of each phase to ensure you are gauging your efforts correctly for the following 4/5 weeks.

Please concentrate on your **TECHNIQUE**, maintaining good posture throughout. As usual, ensure you are properly warmed up by completing a few (suggest 4) steady warm up laps followed by some active drills (e.g. fast feet, high knees, kick backs etc). Use lanes 3-6 of the track for warming up to avoid wear on the inside lane, and run clockwise for the warm up and cool down.

RECOVERY is jog or walk – keep moving as this will help build your aerobic capacity.

For this programme to be effective you must not go out too hard at the start of each repetition but maintain a **CONSISTENT PACE** throughout.

Dates		Session	Pace	Distance
-	6 Jan	Time trial	Flat out	10km* / 5km**
18 Nov	13 Jan	10 – 12 x 400m with 200m recovery	10km pace	6km – 7.2km
25 Nov	20 Jan	7 - 9 x 600m with 200m recovery	10km pace	5.6km – 7.2km
2 Dec	27 Jan	5 – 6 x 800m with 400m recovery	10km pace	6km – 7.2km
9 Dec	3 Feb	4 – 5 x 1km with 600m recovery	10km pace	6.4km – 8km
16 Dec	10 Feb	3 – 4 x (600m with 200m jog / walk recovery + 1km with 400m recovery)	10km pace	6.6km – 8.8km

* If you do a 10k time trial, divide your time by 50 (remember to convert to seconds first!) to get your split time for 200m – this then becomes the pace you should be hitting for the next 6 weeks of sessions (example: 45min 10k, = 2,700 secs, divide by 50 = 54 seconds per 200m).

** If you do a 5k time trial, divide your time by 25 and then add about 5-6% of this time (example: 24min 5k, = 1,440 seconds, divide by 25 = 57.6 seconds + 5% (2.88 seconds) = target time of 60.48, so go off either 60 or 61 seconds per 200m).

Contact Dave Astins on 07766 911069 if you have any queries