

## Pembrokeshire Triathlon Club

### TRACK SESSIONS

17<sup>th</sup> February – 5<sup>th</sup> May 2017

#### BUILD PHASE – 2 x 6 WEEKS

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 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
17 Feb	24 Mar	Time trial	Flat out	5km
24 Feb	31 Mar	10 – 12 x 400m with 200m recovery	5km pace *	6km – 7.2km
27 Feb	7 Apr	7 - 9 x 600m with 200m recovery	5km pace	5.6km – 7.2km
3 Mar	21 Apr	4 – 5 x 800m with 400m recovery	5km pace	5km – 6km
10 Mar	28 Apr	4 – 5 x 1km with 600m recovery	5km pace	6.4km – 8km
17 Mar	5 May	3 – 4 x (600m with 200m jog / walk recovery + 1km with 400m recovery)	5km pace	6.6km – 8.8km

\* Take your time 5k trial time, divide it by 25 and this gives you your target 200m split time for the next 5 weeks (example: 24:00 min 5k time trial, = 1,440 seconds, divide by 25 = 57/58 seconds per 200m).

**Contact Dave Astins on 07766 911069 if you have any queries**