

## Pembrokeshire Triathlon Club

### TRACK SESSIONS

12<sup>th</sup> May – 16<sup>th</sup> June 2017

#### PRE-COMPETITION PHASE – 1 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 5/6 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
12 May	Time trial	Flat out	3km
19 May	10 - 12 x 400m with 75% recovery	3km pace *	4km – 4.8km
26 May	7 - 9 x 600m with 75% recovery	3km pace	4.2km – 5.4km
2 June	5 - 6 x 800m with 75% recovery	3km pace	4km – 4.8km
9 June	4 – 5 x (400m with 75% recovery + 800m with 75% recovery)	3km pace	4.8km – 6.0km
16 June	4 - 5 x 1km with 75% recovery	3km pace	4km – 5km

\* Take your 3k time trial time, divide it by 15 and this gives you your target 200m split time for the next 7 weeks (example: 12:00 min 3k time trial, = 720 seconds, divide by 15 = 48 seconds per 200m).

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