

## Pembrokeshire Triathlon Club

### TRACK SESSIONS

23<sup>rd</sup> June – 8<sup>th</sup> September 2017

#### COMPETITION 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 (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
23 Jun	4 Aug	Time trial	Flat out	2km
30 Jun	11 Aug	10 - 12 x 400m with 75% recovery	2km pace	4km – 4.8km
7 Jul	18 Aug	7 - 9 x 600m with 75% recovery	2km pace	4.2km – 5.4km
14 Jul	25 Aug	5 - 6 x 800m with 75% recovery	2km pace	4km – 4.8km
21 Jul	1 Sep	4 – 5 x (400m with 75% recovery + 800m with 75% recovery)	2km pace	4.8km – 6.0km
28 Jul	8 Sep	4 - 5 x 1km with 75% recovery	2km pace	4km – 5km

\* Take your time trial time, divide it by 10 and this gives you your target 200m split time for the next 5 weeks (example: 8:00 min 2k time trial, = 480 seconds, divide by 10 = 48 seconds per 200m).

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