

Pembrokeshire Triathlon Club

TRACK SESSIONS

13th November – 18th December 2009 &
8th January – 12th February 2010

BASE PHASE – 2 x 6 WEEKS (with 2 weeks Christmas break!)

This programme of six weeks should be completed **TWICE** before moving onto the next phase. You **MUST** register at the Sports Centre each time you use the track!!

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, kick backs etc). Use lanes 2 & 3 of the track for warming up to avoid wear on the inside lane, but be aware of which lanes the juniors are using.

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 **STEADY PACE** throughout.

You need to complete a **TIME TRIAL** at the beginning of each 6-week programme to ensure you are gauging your efforts correctly for the following 5 weeks.

Dates		Session	Pace	Distance
13 Nov	8 Jan	Time trial	Flat out	10km* / 5km**
20 Nov	15 Jan	7 - 9 x 600m with 200m recovery	10km pace	5.6km – 7.2km
27 Nov	22 Jan	4 – 5 x 1km with 600m recovery	10km pace	6.4km – 8km
4 Dec	29 Jan	10 – 12 x 400m with 200m recovery	10km pace	6km – 7.2km
11 Dec	5 Feb	4 – 5 x 800m with 400m recovery	10km pace	5km – 6km
18 Dec	12 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.