

Pembrokeshire Triathlon Club

TRACK SESSIONS

25th June – 24th September 2010

COMPETITION PHASE – 2 X 7 WEEKS

This programme of eight weeks should be completed **twice** before taking an end of season break. 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 (4 is suggested) followed by some 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 for around 75% of your target time – e.g. if it takes you 100 seconds to do 400m, recover 75 seconds then go again. 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 7-week programme to ensure you are gauging your efforts correctly for the following 6 weeks.

Dates		Session	Pace	Distance
25 Jun	13 Aug	Time trial	Flat out	2km
2 Jul	20 Aug	10 - 12 x 400m with 75% recovery	2km pace	4km – 4.8km
9 Jul	27 Aug	7 - 9 x 600m with 75% recovery	2km pace	4.2km – 5.4km
16 Jul	3 Sep	5 – 6 x (200m with 75% recovery + 600m with 75% recovery)	2km pace	4km – 4.8km
23 Jul	10 Sep	5 - 6 x 800m with 75% recovery	2km pace	4km – 4.8km
30 Jul	17 Sep	4 – 5 x (400m with 75% recovery + 800m with 75% recovery)	2km pace	4.8km – 6.0km
6 Aug	24 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 6 weeks (example: 8:00 min 2k time trial, = 480 seconds, divide by 10 = 48 seconds per 200m).

Contact Ellie Jones on 01437 779919 or 07974 199887 if you have any queries.