

## Pembrokeshire Triathlon Club

### TRACK SESSIONS

17<sup>th</sup> February – 4<sup>th</sup> May 2012

#### BUILD PHASE – 2 x 6 WEEKS

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 (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 – 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
17 Feb	30 Mar	Time trial	Flat out	5km
24 Feb	-----	10 – 12 x 400m with 200m recovery	5km pace	6km – 7.2km
2 Mar	13 Apr	7 - 9 x 600m with 200m recovery	5km pace	5.6km – 7.2km
9 Mar	20 Apr	4 – 5 x 800m with 400m recovery	5km pace	5km – 6km
16 Mar	27 Apr	4 – 5 x 1km with 600m recovery	5km pace	6.4km – 8km
23 Mar	4 May	3 – 4 x (600m with 200m jog / walk recovery + 1km with 400m recovery)	5km pace	6.6km – 8.8km

\* Take your time trial time, divide it by 25 and this gives you your target 200m split time for the next 5 weeks (example: 20:00 min 5k time trial, = 1,200 seconds, divide by 25 = 48 seconds per 200m).

**Contact Darren Evans on 07818 579686 if you have any queries**