

Pembrokeshire Triathlon Club

TRACK SESSIONS

11th May – 15th June 2012

PRE-COMPETITION PHASE – 1 x 6 WEEKS

This programme of six weeks should be completed **once** 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 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 the 6-week programme to ensure you are gauging your efforts correctly for the following 5 weeks.

| Dates | Session | Pace | Distance |
|---------|---|----------|---------------|
| 11 May | Time trial | Flat out | 3km |
| 18 May | 10 - 12 x 400m with 75% recovery | 3km pace | 4km – 4.8km |
| 25 May | 7 - 9 x 600m with 75% recovery | 3km pace | 4.2km – 5.4km |
| 1 June | 5 - 6 x 800m with 75% recovery | 3km pace | 4km – 4.8km |
| 8 June | 4 – 5 x (400m with 75% recovery + 800m with 75% recovery) | 3km pace | 4.8km – 6.0km |
| 15 June | 4 - 5 x 1km with 75% recovery | 3km pace | 4km – 5km |

* Take your 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 Darren Evans on 07818 579686 if you have any queries