

Stainland Lions Track Plan - Winter Program 2010

Week	Date	Steady (> 55m)		Medium (45 - 55m)		Fast (< 45 ms)		Pace
		Effort	Recovery	Effort	Recovery	Effort	Recovery	
1	16/12/09	3 x 1000	200m jog	4 x 1000	200m jog	6 x 1000	200m jog	5k
			4 mins		4 mins		4 mins	
		4 x 200	200m jog	4 x 200	200m jog	4 x 200	200m jog	Strides
20/12/09 Sunday's Race: Temple Newsam Cross Country								
2	23/12/09	1 x 800	Pyramid (2 mins)	1 x 1000	Pyramid (2 mins)	1 x 1000	Pyramid (90 secs)	5k
		1 x 1000		1 x 1200		1 x 1200		5k
		1 x 1200		1 x 1600		1 x 1600		5k
27/12/09 Sunday's Race: Hot Toddy/Coley Canter/Clitheroe 10k								
3	30/12/09	3 x 1200	2 mins	4 x 1200	90 sec	6 x 1200	90 sec	5k
		Last 200m fast		Last 200m fast		Last 200m fast		
		4 x 200	200m jog	4 x 200	200m jog	4 x 200	200m jog	Strides
03/01/10 Sunday's Race: New Year's Day Fun Run/Auld Lang Syne								
4	06/01/10	1 x 1200	90 sec	1 x 1200	90 sec	1 x 1200	60 sec	5k
		1 x 800	90 sec	1 x 800	90 sec	1 x 800	60 sec	3k
		x 2		x 3		x 3		
10/01/10 Sunday's Race: Stainland Cross Country								
5	13/01/10	3 x 1200	400m jog	3 x 1600	400m jog	4 x 1600	400m jog	10k
			4 mins		4 mins		4 mins	
		4 x 200	200m jog	4 x 200	200m jog	4 x 200	200m jog	Strides
17/01/10 Sunday's Race: Club Winter Handicap/Four Villages Half								
6	20/01/10	1 x 800	Pyramid (2 mins)	1 x 1000	Pyramid (2 mins)	1 x 1000	Pyramid (90 secs)	5k
		1 x 1000		1 x 1200		1 x 1200		5k
		1 x 1400		1 x 1600		1 x 1600		5k
24/01/10 Sunday's Race: Brass Monkey Half								
7	27/01/10	Timed mile, then...		Timed mile, then...		Timed mile, then...		Timed
		2 x 1000	90 sec	2 x 1200	90 sec	3 x 1200	60 sec	5k
		2 x 500	90 sec	2 x 600	90 sec	3 x 600	60 sec	3k
31/01/10 Sunday's Race: Pudsey Cross Country								
8	03/02/10	5 x 800		8 x 800		10 x 800		3k
		2 min rec then decrease rec by 10 sec after each 800m rep						
07/02/10 Sunday's Race: Wadsworth Trog (Sat)/Dewsbury 10k								
9	10/02/10	4 x 1000	90 sec	6 x 1000	60 sec	8 x 1000	60 sec	5k
		2 x 200	200m jog	2 x 200	200m jog	2 x 200	200m jog	Strides
14/02/10 Sunday's Race: Liversedge Half								
10	17/02/10	1 x 1200		1 x 1200		1 x 1200		5k
		1 x 800	2 mins	1 x 800	2 mins	1 x 800	2 mins	3k
		Supersets x 2		Supersets x 3		Supersets x 4		
21/02/10 Sunday's Race: Dewsbury Cross Country								
11	24/02/10	Timed mile, then...		Timed mile, then...		Timed mile, then...		Timed
		3 x 1200	2 mins	4 x 1200	90 sec	5 x 1200	90 sec	5k
		2 x 200	200m jog	2 x 200	200m jog	2 x 200	200m jog	Strides
28/02/10 Sunday's Race: Snake Lane 10								