

## EVRC Wednesday Night Coaching - 7pm

2012

<b>25th January 2012</b>	<b>Threshold Session</b>
	1200m reps x 4-6 90 secs recovery

<b>1st February 2012</b>	<b>Speed Endurance Session</b>
	400m reps 12 - 16x 90 secs recovery

<b>8th February 2012</b>	<b>Winter Training Route around Evesham</b>
	10 minutes warming up
	5 minute effort
	5 minute recovery
	10 minutes effort
	5 minute recovery
	5 minute effort
	5 minute recovery
	2 and a half minute effort
	10 minutes recovery

<b>15th February 2012</b>	<b>Hill Session</b>
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<b>22nd February 2012</b>	<b>Speed Endurance Session</b>
	5x 800m
	90 secs recovery
	5x 400m
	90 secs recovery

<b>29th February 2012</b>	<b>Lactate Threshold Session</b>
	1400m Efforts
	4 -7 repetitions
	100 seconds active recovery (I.e. keep moving)

<b>7th March 2012</b>	<b>Speed Endurance Session</b>
	400m reps 12 - 16x

90 secs recovery
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<b>14th March 2012</b>	<b>Hill Session</b>
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<b>21st March 2012</b>	<b>Speed Endurance Session</b>
	6x 600m
	90 secs recovery
	6x 300m
	90 secs recovery

<b>28th March 2012</b>	<b>Winter Training Route around Evesham</b>
	10 minutes warming up
	5 minute effort
	5 minute recovery
	10 minutes effort
	5 minute recovery
	5 minute effort
	5 minute recovery
	2 and a half minute effort
	10 minutes recovery

needs to be a 8 mile route that everyone knows

rejoin the whole group together during the 5 minute recovery so the group starts together

If possible split into two groups - a faster and a not so fast and assign someone to be a leader in the group you

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