



## Run Timaru Thursday Training Sessions

Aorangi Park Athletics Track, Timaru - 6:00pm

**Week 1** - 5 x 200m Stride outs x 2 (walk/ slow run between each 200) 2 min Recovery between each set. 5x 100m effort

**Week 2** - 800/400/200 x2 (1min recovery between 800 and 400, (walk/slow run to 200 start) 2-minute recovery between each set. 5x 100 effort

**Week 3** - 4 x 400 x 2 Effort on the straights and Relaxed fast on the bends, 1 min recovery between each 400, 2-minute recovery between sets. 5 x 100

**Week 4** - 1200/800/400 x2 (1 min recovery between 1200/800/400) 2-minute recovery between sets. 5 x 100

**Week 5** – 1500m Time Trial

All effort is done at faster than your own 10km Race Pace. Warm up before and make sure you stretch before and after. Bring a water bottle so you can stay hydrated. (Heat will dictate how much we do)