

Track Programme

The track programme is based on the following distances

400m

800m

1600m

One session where we do all three

4 x 400m, 2 x 800m and 1 x 1600m

Occasionally there will be a full 5000m(3000m for beginners) time trial (race)

We will start relatively lightly with 8 x 400m just in case some people have not been doing any speed or tempo work. The sessions will work up to:

12 x 400m

6 x 800m

3 x 1600m

4 x 400m, 2 x 800m and 1 x 1600m

The idea with the mixed session is also an exercise in pace as well as effort, the requirement is that runners run the 4 x 400m at the same pace that they would hope to run the 1600m. For example if they run the 4 x 400m in 90s per 400, they should run the 800s in 3:00 and the 1600 in 6:00. With triathletes I find they always run the 400 too fast and can't hold that pace for either the 800s or the 1600m.

The main observation would be related to pacing. It can be difficult for some people not used to track work to get the pacing right. People either started too slow or then feel that they had to go for a burn over the last one or two reps. Alternatively some start too fast and wind down like a tired spring over the latter reps.

People taking part should monitor their own times using a memory stopwatch or Garmin and note their times across the season, looking for improvement across the season block. As well as using technology watch/Garmin athletes should be very conscious of Rate of Perceived Effort/Exertion RPE. The idea is that the session is run above threshold at about 5km race pace. A good idea is to mentally divide the session into thirds: For the first third you should feel that you are cruising at a good pace, second third there should be an awareness that you are working hard to hold the pace, for the last third you should be emptying the tank to hold the pace.

The session goes to max distance of 4800m so that the intensity can be kept high. Typically the recovery jog is set 50% of the run interval so x 400m recovery is 200m. Given that it is a slow jog the recovery time will be close enough to the run interval so a session of about 1:1 interval: recovery. The 400s will be the best session for people to gauge their pace. In terms of going up through the

distances typically you could expect about a 2-3s increased time per lap as you go up in distance. If you average 90s for a 400m when you do your 800s you should expect a 2-3s time increase per lap, so doing your 800s in somewhere about 3:04 to 3:06.

Occasionally we throw in a 1000m set (5 x 1000m) for a change, it's a bit awkward as the finish will be at the 200m point on the track would usually make the recovery for this to be 600m

Would usually expect to get about 4 iterations of the sets across the season.